

Las Positas College
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Course Outline for KIN WP3

WATER POLO 3

Effective: Fall 2015

I. CATALOG DESCRIPTION:

KIN WP3 — WATER POLO 3 — 1.00 - 2.00 units

This course is designed to give students the opportunity to learn and apply specific conditioning skills relating to the game of Water Polo. Instruction will focus on speed, quickness, strength, and cardiovascular conditioning in the pool as they relate to the play of Water Polo. Concepts of dryland training and periodization will be discussed.

1.00 - 2.00 Units Lab

Strongly Recommended

KIN WP1 - Water Polo 1
with a minimum grade of C

KIN SW2 - Swimming 2
with a minimum grade of C

Grading Methods:

Letter or P/NP

Discipline:

Family: Kinesiology Water Polo

	MIN	MAX
Lab Hours:	54.00	108.00
Total Hours:	54.00	108.00

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 1

III. PREREQUISITE AND/OR ADVISORY SKILLS:

Before entering this course, it is strongly recommended that the student should be able to:

- A. KINWP1
- B. KINSW2

IV. MEASURABLE OBJECTIVES:

Upon completion of this course, the student should be able to:

- A. Understand the concept of periodization training
- B. Demonstrate the water polo individual medley
- C. Demonstrate a proficient eggbeater kick
- D. Arrange a series of speed/quickness drills to reach a stated objective
- E. Evaluate various situations and integrate possible solutions

V. CONTENT:

- A. Concepts of Water Polo Training
 - 1. Periodization
 - 2. Dryland Strength Training
 - 3. In water, water polo specific training
 - 4. Flexibility
- B. Review of swim skills
 - 1. Freestyle & head-up freestyle
 - 2. Backstroke & backstroke with eggbeater
 - 3. Butterfly & butterfly with freestyle kick
 - 4. Breaststroke
 - 5. Water polo individual medley
- C. Review of basic ball skills
 - 1. Dribbling, passing, shooting
- D. Aerobic Conditioning
 - 1. Swim sets
 - 2. Circuit training in the pool

- E. Leg Conditioning
 - 1. Freestyle kicking
 - 2. Breaststroke kicking
 - 3. Eggbeater
 - a. Individual kicking drills
 - b. Partner kicking drills
- F. Speed/Quickness Conditioning
 - 1. Individual drills
 - 2. Partner drills
 - 3. Group drills
 - 4. Whistle drills
- G. Evaluation of Game Play
 - 1. Watch Instructional Videos
 - 2. Record Game/Practice
 - a. Evaluate team and individual play

VI. METHODS OF INSTRUCTION:

- A. Demonstration of drills/skills
- B. Practice
- C. **Lecture** - Explain concepts of periodization. Explain the purpose of individual, partner, group drills.
- D. Application of skills
- E. Individual and group activities

VII. TYPICAL ASSIGNMENTS:

- A. Participate in practice session activities.
- B. Participate in drills.
- C. Research a conditioning drill for water polo.
- D. Compile a series of drills with a stated objective.
- E. Take an exam/quiz on concepts relating to conditioning, specifically for water polo.

VIII. EVALUATION:

A. **Methods**

- 1. Exams/Tests
- 2. Papers
- 3. Class Participation
- 4. Class Performance

B. **Frequency**

- 1. Exams
 - a. 1-2 per semester
- 2. Papers
 - a. 1-2 per semester
- 3. Class participation
 - a. Daily
- 4. Class performance
 - a. 2-4 per semester

IX. TYPICAL TEXTS:

- 1. Balline, Gareth (2012). *Water Polo Basics: All About Water Polo*. : CreateSpace Independent Publishing Platform.
- 2. Dettamante, D. (2012). *Basics of Successful Coaching - Water Polo Series* (Book 1 ed.). Raleigh, North Carolina: Lulu.com.
- 3. Dettamante, D. (2012). *Fundamentals of Water Polo* (Book 2 ed.). Raleigh, North Carolina: Lulu.com.
- 4. Lewindon, D., & Joyce, D. (2013). *High Performance Training for Sports* (First ed.). Champagne, Illinois: Human Kinetics.
- 5. NCAA. Water Polo Rules and Interpretations - 2014-2016. NCAA , 2014.
- 6. FINA . Water Polo Rules 2013-2017. FINA , 2013.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Competitive swim suit
- B. Goggles
- C. Swim Cap