

Las Positas College  
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## Course Outline for KIN DV1

### SPRINGBOARD DIVING

Effective: Spring 2015

#### I. CATALOG DESCRIPTION:

KIN DV1 — SPRINGBOARD DIVING — 1.00 - 2.00 units

This course is designed to give students an introduction into the sport of Springboard Diving. Instruction will include 1 meter and 3 meter springboards, and the 5 types of dives (forward, backward, reverse, inward, twisting).

1.00 - 2.00 Units Lab

#### **Strongly Recommended**

KIN SW1 - Swimming 1  
with a minimum grade of C

#### **Grading Methods:**

Letter or P/NP

#### **Discipline:**

- Physical Education

	<u>MIN</u>	<u>MAX</u>
<b>Lab Hours:</b>	54.00	108.00
<b>Total Hours:</b>	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. KINSW1

#### IV. MEASURABLE OBJECTIVES:

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

- A. Demonstrate appropriate approach, hurdle, and takeoff for a forward dive.
- B. Explain the four dive positions.
- C. Identify entries into the water
- D. Name the five types of dives.
- E. Organize a six dive list.
- F. Judge and score individual diving attempts

#### V. CONTENT:

- A. Introduction
- B. Body Alignment
- C. Takeoffs
  - 1. Arm swing
  - 2. Hurdle
- D. Entries
  - 1. Head first
  - 2. Feet first
- E. Somersaults
- F. Understanding the five Types of dives
  - 1. Forward
  - 2. Reverse
  - 3. Inward
  - 4. Backward
  - 5. Twisting
- G. Positions of dives
  - 1. Straight
  - 2. Pike
  - 3. Tuck
  - 4. Free
- H. Skill and Dive Progressions

1. Six dive list
  2. Eleven dive list
- I. Judging and scoring
1. Terminology
  2. Criteria

VI. METHODS OF INSTRUCTION:

- A. **Audio-visual Activity** - Video of skills to be performed. Video recording and playback for student to learn.
- B. **Demonstration** - Demonstration of skills to be performed
- C. Participation

VII. TYPICAL ASSIGNMENTS:

- A. Learn the approach, hurdle, takeoff for forward and reverse dives
- B. Describe the five different dives
- C. Compose a six dive list and bring to class
- D. Perform a six dive list

VIII. EVALUATION:

A. **Methods**

1. Quizzes
2. Class Participation
3. Home Work
4. Final Performance

B. **Frequency**

1. Participation
  - a. Daily
2. Quizzes
  - a. 1-2 per semester
3. Homework
  - a. 1-2 assignments per semester
4. Final Performance
  - a. 1 per semester

IX. TYPICAL TEXTS:

1. Scaglia, Beatriz (2011). *Riding the Board: The Sport of Diving*. : Webster's Digital Services.
2. National Collegiate Athletic Association (2011). *2012-2013 NCAA Men's and Women's Swimming and Diving Rules*. : NCAA.

X. OTHER MATERIALS REQUIRED OF STUDENTS: