

I. CATALOG DESCRIPTION:

- A. Department Information:
Division: Physical Education, Athletics & Health
Department: N/A
Course ID: PE-I 143x4
Course Title: Water Polo
Units: 1
Lecture: None
Laboratory: 3 Hours
Prerequisite: None
- B. Catalog and Schedule Description: This course introduces the fundamental offensive techniques, defensive techniques, and conditioning skills necessary for the game of water polo. Activities will be designed to enhance skills in each of these areas. Enrollment is limited to students who can swim the front crawl stroke 200 yards without stopping.

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

III. EXPECTED OUTCOMES FOR STUDENTS:

- A. On successful completion of level one of this course, the student should be able to do the following:
1. Explain water polo rules; respect all aspects of the game
 2. Demonstrate basic offensive passing, shooting, and dribbling skills
 3. Demonstrate basic defensive skill on positioning
 4. Practice head-up swimming and egg beater kick
- B. On successful completion of level two of this course, the student should be able do the following:
1. Demonstrate the individual offensive skill of driving
 2. Practice individual perimeter defense
 3. Practice individual driving defense
 4. Explain weight training and strength exercises for water polo
- C. On successful completion of level three of this course, the student should be able to do the following:
1. Explain and illustrate basic team concepts of offense and defense
 2. Demonstrate individual offensive skill of drawing fouls
 3. Practice reacting to officials whistle on offense and defense reversals
 4. Develop specialized positions such as driver, goalkeeper, two meter defense and offense.
- D. On successful completion of level four of this course, the student should be able to do the following:
1. Demonstrate all fundamental offensive and defensive skills
 2. Demonstrate team 6 on 5 offense and defense
 3. Practice fast break on offense and defense
 4. Develop clock awareness and poise
 5. Through competition demonstrate physical strength and endurance

IV. CONTENT:

- A. Individual offensive skills
1. Passing
 2. Shooting
 3. Dribbling
 4. Driving
 5. Drawing fouls
- B. Individual defensive skills
1. Perimeter defense

2. Driving defense
3. Lunge blocks
4. Baiting the lane
5. Steals
6. Positioning
- C. Conditioning methods
 1. Head up swimming
 2. Eggbeater kick
 3. Weight training and strength exercises
 4. Reversals
 5. Line drills
- D. Specialized position training
 1. Driver
 2. Goalkeeper
 3. Two meter defense and offense
- E. Special situations
 1. 6 on 5 offense and defense
 2. Fast break
 3. Clock awareness
- F. Mental aspects
 1. Poise
 2. Physical, but nonviolent play
 3. Respect for all aspects of the sport
- G. Class competition

V. METHODS OF INSTRUCTION:

- A. Demonstration
- B. Lecture and discussion
- C. Drills in skill and techniques
- D. Analysis of game situations

VI. TYPICAL ASSIGNMENTS:

- A. Demonstration of skills: With a partner drive and shoot 10 times at the goal scoring point for each goal scored.
- B. Demonstration of techniques and strategies
- C. Discussion of rules and game situations: Complete a 25 question partner graded quiz. Evaluate results with partner.

VII. EVALUATION(S):

- A. Methods of Evaluation:
 1. Class participation
 2. Demonstration of skills
 3. Practical exams
 4. Written exams
- B. Frequency of Evaluation:
 1. Demonstration testing weekly
 2. Final exam: Typical exam questions:
 - a) Describe the egg-beater kick and its usage pertaining to water polo.
 - b) Diagram 6 on 5 offenses.

VIII. TYPICAL TEXT(S): None – this is an activity based class.

IX. OTHER SUPPLIES REQUIRED OF STUDENTS: None