

PALOMAR COLLEGE
COURSE OUTLINE OF RECORD FOR
DEGREE CREDIT COURSE

 X Transfer Course X A.A. Degree applicable course
(check all that apply)

COURSE NUMBER AND TITLE: ACS 140 Intercollegiate Water Polo (Men/Women)

UNIT VALUE: 2

MINIMUM NUMBER OF SEMESTER HOURS: 175

BASIC SKILLS REQUIREMENTS: Appropriate language skills

ENTRANCE REQUIREMENTS None

PREREQUISITE: None

COREQUISITE: None

RECOMMENDED PREPARATION: None

SCOPE OF COURSE:

To provide students with the opportunity to develop advanced skills and the strategies in this specific sport which will be applied to competitive situations.

SPECIFIC COURSE OBJECTIVES:

Successful students will be able to:

1. Apply the strategies of this team game.
2. Identify the role of each player on the team.
3. Identify several offensive plays and know when to use them in a game situation.
4. Identify defensive plays and know when to employ them in a game situation.
5. Apply principles of water polo conditioning.
6. Analyze values and apply good sportsmanship, self-discipline, teamwork, leadership and self-motivation.
7. Analyze, identify and apply principles of good listening, mental toughness, making sacrifices and a commitment to a program.

CONTENT IN TERMS OF SPECIFIC BODY OF KNOWLEDGE:

- A. Organization of Practice
 1. Time frame schedule
 2. Checklist of skills to be covered
 3. Multi-skill development situations
- B. Organization of Schedules/Tournaments
- C. Offensive Game Philosophy
 1. Swimming, maneuvering, conditioning
 2. Ball skills - dribbling, shooting, passing
 3. Front court offense
 4. Counter attack offense
 5. Man-up offense
 6. 2-meter play

- D. Defensive Game Philosophy
 - 1. Individual defensive skills
 - a. defending in field
 - b. defending two-meter man
 - 2. Pressing defense
 - 3. Drop=back defense
 - 4. Defending when man down
 - 5. Goalie play
- E. Mental Game Preparation

REQUIRED READING:

- 1. NCAA Rules (handout)
- 2. Game Strategies of Offensive and Defensive Plays (handout)

SUGGESTED READING:

Handouts as assigned
Water Polo Scoreboard

REQUIRED WRITING:

Skills demonstrated in water polo are more appropriate.

OUTSIDE ASSIGNMENTS:

Students are expected to spend a minimum of three hours per unit per week in class and on outside assignments, prorated for short-term classes.

Attend game activities with other colleges, building toward the championship tournament. Observing games, practicing skills, and reviewing handouts.

INSTRUCTIONAL METHODOLOGY:

Check all that apply:

- lecture
- laboratory
- lecture-laboratory combination
- directed study

DISTANCE LEARNING:

This course may be offered as a distance learning course and meets Title 5 regulations 55370, 55372, 55374, 55376, 55378, and 55380.

Yes No

If yes, check all that apply:

- Television Course (Video one-way, e.g. ITV, video cassette, etc.)
- Online Course (Text one-way, e.g. newspaper, correspondence, electronic file, etc.)
- Two-Way Video Conferencing (Two-way interactive video and audio)
- One-Way Video Conferencing (One-way interactive video and two-way interactive audio)
- Computer Assisted Instruction (A specialized form of mediated instruction relying primarily on student access to information and prepared lessons or teaching materials through a computer terminal, but not under immediate supervision of a qualified instructor.)

GRADING POLICY AND STANDARDS (include methods of determining whether the stated objectives have been met by students):

- 40% - Participation/practice
- 30% - Participation/games
- 30% - Skills evaluation/performance critiques

IS COURSE REPEATABLE FOR REASON(S) OTHER THAN DEFICIENT GRADE?

Yes No Number of times course may be taken for credit: 3

If yes, identify specific provision of Title 5 Division 2 section(s), 55761-55763 and 58161 which qualifies course as repeatable:

58161 (C) (2) (A) and (B)

CONTACT PERSON: Jem McAdams, extension 2136
Patti Waterman, extension 2473

SIGNATURES:

SIGNATURES ON FILE

*I certify that this course meets all the minimum requirements for A.A. degree applicable courses.

Course outlines of record should be reviewed regularly and revised as necessary.

NOTE: Some revisions to course outlines of record require Curriculum Committee approval, others may not. Please consult your dean or the Instruction Office if you need assistance.