

**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:** PE 137 Water Polo

**UNIT VALUE:** 1

**MINIMUM NUMBER OF SEMESTER HOURS:** 32

**BASIC SKILLS REQUIREMENTS:**     Appropriate language skills

**ENTRANCE REQUIREMENTS**   None

**PREREQUISITE:** None

**COREQUISITE:** None

**RECOMMENDED PREPARATION:**     None

**SCOPE OF COURSE:**

Development of ball-handling skills, swimming conditioning, performance of offensive and defensive tactics, and game strategies. *May be taken four times.* CSU; UC

**SPECIFIC COURSE OBJECTIVES:**

Successful students will be able to:

1.     apply principles of ball handling skills.
2.     evaluate and perform team play.
3.     analyze hand-eye coordination.
4.     identify intense conditioning drills.
5.     evaluate shooting skills.

**.CONTENT IN TERMS OF SPECIFIC BODY OF KNOWLEDGE:**

- I. Offensive game strategies
  - A. Swimming, maneuvering, conditioning
  - B. Ball skills
    - 1. dribbling
    - 2. shooting
    - 3. passing
  - C. Half-court offense
  - D. Counter attack offense
  - E. Player-up offense (6 on 5)
  
- II. Defensive game strategies
  - A. Individual defensive skills
    - 1. defending in field
    - 2. defending two-meter player
  - B. Pressing defense
  - C. Drop back defense
  - D. Defending when player down
  - E. Goalie play
  
- III. Game preparation
  - A. Mental attitude
  - B. Pre-game warm-up
  - C. Preparation for specific style of play

**REQUIRED READING:**

Instructor generated handouts on water Polo.

**SUGGESTED READING:** None

**REQUIRED WRITING:**

Demonstration of water polo skills and strategies 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.**

Read and study handouts, and lecture notes. Practice skills, study for exams and analyze video of individual and team performance.

**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):

Participation	45%
Skill evaluation	45%
Self critique	10%

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

Yes  No  Number of times course may be taken for credit: 4

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:**      **Scott Smith**                      **Extension 2485**

STGNATURES ON F.T.T.F.