

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 214 Professional Preparation for Water Sports

UNIT VALUE: 1, 1.5, 2

MINIMUM NUMBER OF SEMESTER HOURS: 32, 48, 64

BASIC SKILLS REQUIREMENTS: Appropriate language skills

ENTRANCE REQUIREMENTS

PREREQUISITE: None

COREQUISITE: None

RECOMMENDED PREPARATION: None

SCOPE OF COURSE:

Development of fundamental skills with emphasis on history, rules, styles, game strategy, current developments, preparation of teams for games, weekly practice schedules, and anticipated innovations for the future.

SPECIFIC COURSE OBJECTIVES:

The successful student will:

1. demonstrate the skills required for competition in swimming, water polo or diving, including starts and turns, individual and team skills in passing shooting and drives or board work and entries and dives from the boards.
2. compare and contrast different types of workout programs for the sport they are working on developing.
3. analyze preparation techniques for swim meets, water polo games, or diving meets.
4. identify time management techniques and educational goals.

CONTENT IN TERMS OF SPECIFIC BODY OF KNOWLEDGE:

- I. Organization of practice
 - A. Season overview
 - 1. early season
 - 2. mid-season
 - 3. late season-peaking
 - B. Separate workouts for the sports
 - 1. workouts for sprinters, distance and stroke individuals
 - 2. workouts for goalies, 2M, drivers and team offensive and defensive drills and technique for diving on one and three meter boards
 - 3. warm up
 - C. Daily patterns
 - 1. over-distance, under distance and broken swims
 - 2. stroke techniques
 - 3. cardio-vascular work and anaerobic work
 - 4. with training for the sports
 - 5. cross training for the sports
- II. Organization of schedule
 - A. Conference-Non-Conference
 - B. Relays - Championship meets
 - C. Tournament play
- III. Establishing philosophy and goals
- IV. Personnel management
 - A. Recruiting
 - B. Eligibility
 - C. Importance of regular training
- V. Meet preparation
 - A. Starts, turns relay starts, pacing a race
 - B. game pre, warm up shooting, pre game talk
 - C. Board drills warm up dive order strategies

REQUIRED READING:

Instructor generated handouts on NCAA rules and regulations for water sports.

SUGGESTED READING:

Maguscho, E. A. Swimming Faster. Palo Alto, CA: Mayfield Publishing Co., 1994.

Waterpolo Scoreboard Magazine

REQUIRED WRITING:

Plan and organize two swim meets (four pages minimum). Plan and organize a week of swim workouts (three pages minimum). For the sport the student is working on.

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, lecture notes, and text. Prepare writing assignment, practice skills, and study for exams.

INSTRUCTIONAL METHODOLOGY:

Check all that apply:

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

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

Yes No

If yes, check all that apply. (See guidelines for preparations for definitions.)

- telecourse
- mediated instruction
- computer assisted instruction

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

Written assignments	30%
Quizzes	20%
Skill evaluation	50%

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 Division 2 section(s) 55761-55763 and 58161 which qualifies course as repeatable:

58161(c) (2) (A) and (B)