

KIN 192: AQUATIC THEORY AND TECHNIQUES

Citrus College Course Outline of Record

Heading	Value
Effective Term:	Fall 2023
Credits:	2
Total Contact Hours:	36
Lecture Hours :	36
Lab Hours:	0
Hours Arranged:	0
Outside of Class Hours:	72
Strongly Recommended:	ENGL 101.
Transferable to CSU:	Yes
Transferable to UC:	Yes - Approved
Grading Method:	Standard Letter, Pass/No Pass

Catalog Course Description

Content focuses on the biomechanical and technical analysis of intercollegiate water polo, swimming, and diving. 36 lecture hours.

Course Objectives

- demonstrate an understanding of specific strategies and techniques in an intercollegiate aquatic program
- analyze and demonstrate various strokes currently being used in aquatics
- evaluate various teaching methods, practice organizations, and scouting processes used in aquatic programs
- demonstrate an understanding of the different shot types used in the game of water polo

Major Course Content

- 1. COACHING FOUNDATION**
 - a. Developing a Swimming/Water Polo Coaching Philosophy
 - b. Communicating Your Approach
 - c. Motivating Swimmers/Water Polo Players
 - d. Building a Swimming Program
 - e. Building a Water Polo program
- 2. COACHING SWIMMING - STROKE TECHNIQUE**
 - a. Basic Principles in Teaching Stroke
 - b. Dolphin or Butterfly Kick
 - c. Crawl Stroke
 - d. Backstroke
 - e. Breaststroke
 - f. Butterfly
- 3. COACHING WATER POLO**
 - a. Terminology and Rules of the Game
 - b. Core Individual Skills
 - i. Passing
 - ii. Egg Beater
 - iii. Ball Handling
 - c. Offensive Skills
 - i. Shooting
 - ii. Setting a Two Meter
 - iii. Breaking A Drop
 - iv. Transition from Offense to Defense
 - v. Counter Attack
 - vi. Man Advantage
 - vii. Picks and Screens

- d. Defensive Skills and Strategies
 - i. Transition from Offensive to Defense
 - ii. Set Plays
 - iii. Defending Two Meters
 - iv. Defending Drives
 - v. Defending Counter Attacks
 - vi. Defending Man Advantage
 - e. Goal Keeping
- 4. COACHING PLANS**
 - a. Planning
 - b. Preparation for Practice
 - 5. COACHING MEETS - GAMES**
 - a. Preparation for Meets
 - b. Handling Meets
 - 6. COACHING EVALUATION**
 - a. Evaluating Swimmers' Performances
 - b. Evaluating Water Polo Player' Performances
 - c. Evaluating your Programs

Suggested Reading Other Than Required Textbook

Instructor Handouts

Examples of Required Writing Assignments

Coaching Strategies Practice Plans Player Evaluations Coaching Philosophy

Examples of Outside Assignments

Develop a conditioning program for your athletes. Analyze different swimming strokes while observing a swim meet through video or live performance. Analyze different water polo offensive and defensive strategies while observing a water polo match through video or live performance.

Instruction Type(s)

Lecture, Online Education Lecture