

# KINC 230: WOMEN'S VARSITY WATER POLO

## Citrus College Course Outline of Record

Heading	Value
Effective Term:	Fall 2021
Credits:	3
Total Contact Hours:	162
Lab Hours:	162
Hours Arranged:	0
Outside of Class Hours:	0
Strongly Recommended:	Advanced swimming skills to participate in a competitive collegiate experience.
Transferable to CSU:	Yes
Transferable to UC:	Yes - Approved
Grading Method:	Standard Letter, Pass/No Pass

## Catalog Course Description

Intercollegiate competition in women's varsity water polo. This course may be taken four times. 162 lab hours.

## Course Objectives

- demonstrate ability to perform various swimming and ball handling skills which are related to the game of water polo
- comprehend and execute different offenses and defenses used in water polo games
- analyze and apply water polo game strategies
- display development in the capacity to work together in group dynamics for the benefit of the team
- demonstrate improvement in physical endurance and cardiovascular fitness

## Major Course Content

All lab content.

## Lab Content

Women's Varsity Water Polo includes Instructor Guided Practice in the following content areas:

1. Swimming Fitness
  - a. Sprint Pyramids
  - b. Distance Pyramids
  - c. Medley Builds
2. Core Individual Skills
  - a. Passing
  - b. Throwing
  - c. Catching
  - d. Ball Handling Skills
  - e. Leg Strength and Mobility
  - f. Drills
3. Offensive Skills

- a. Shooting
    - i. Shooting Knowledge
    - ii. Centre Forward Shots
    - iii. Drive Shots
    - iv. Outside Shots
  - b. Setting a Centre Forward
  - c. Beating the Double Team
  - d. Transition from Offense to Defense
    - i. General Rules
    - ii. Set Plays
  - e. Fastbreak
    - i. Principles
    - ii. Drills
  - f. Power Play
    - i. Fundamentals
    - ii. General Game Plan
    - iii. Set Plays
  - g. Picks and Screens
4. Defensive Skills and Strategies
    - a. Transition from Offense to Defense
      - i. Fundamentals
        1. Centre Back
        2. Perimeter Defenders
        3. Front Court Defense
      - ii. Press
      - iii. Passing Lane
      - iv. Counter
      - v. Crash
    - b. Stopping the Centre Forward
      - i. Crashing
      - ii. Fronting
      - iii. Push Out
      - iv. Swimming
    - d. Defending Picks and Screens
    - e. Defending the Fastbreak
    - f. Defending Power Plays
      - i. Player Responsibilities
      - ii. Set Plays
  5. Goal Keeping
    - a. Body Position
    - b. Egg Beater Kick
    - c. Passing
    - d. Swimming
    - e. Thinking and Knowledge
    - f. Knowing the Shooters
  6. Terminology and Rules of the Game
  7. Mental Preparation
    - a. Relaxation and breathing techniques
    - b. Self-control methods
    - c. Mental imagery
    - d. Pre-performance routine
  8. Competition

- a. Pre-conference Competition
- b. Conference Competition
- c. Post Conference Competition

## **Suggested Reading Other Than Required Textbook**

Instructor Handouts

## **Examples of Required Writing Assignments**

Complete written summaries of team offenses and defenses and various types of game strategies.

## **Examples of Outside Assignments**

Practice skills. Participate in activities related to course lab. The student is expected to observe high level competition, analyze these performances and attempt to apply the observations in competition.

## **Instruction Type(s)**

Lab, Online Education Lab