

San José State University
Kinesiology
Fall 2018, KIN 3, Water Polo

Contact Information

Instructor:	Katelynn Thompson
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Office Hours:	By appointment only
Class Meetings & location	F 9:30-11:20AM in SPX 180
Prerequisites:	Beginning level swimming proficiency

Course Description

The focus of this course will be on the fundamental skills and knowledge necessary to safely and correctly play water polo. Prerequisite: Beginning level swimming proficiency.

Web Resource

Course materials may be found on the e-campus [Canvas learning management system](http://www.sjsu.edu/at/ec/canvas/) at <http://www.sjsu.edu/at/ec/canvas/>. You are responsible for regularly checking the Canvas discussion board and email for information and messages. Login using your mysjsu username and password. Links to USA, High School, and NCAA water polo rules and resources will also be provided through Canvas.

Course Goals and Student Learning Objectives

Following activities and assigned reading, students will be able to demonstrate through class activities/assignments, skills tests, and written exams:

- Knowledge of fundamental skills, technique, related to water polo.
- Proficiency in execution of the basic water polo skills covered.
- An understanding of the history, rules, strategies, current research, safety and etiquette associated with water polo.
- An understanding of the mental and physical health benefits to be derived from water polo.
- An appropriate level of proficiency in personal fitness as it relates to components such as cardiovascular endurance, muscular strength, and muscular endurance.

Activity Program Learning Outcomes

After completion of the physical activity graduation requirement, students shall be able to:

- Demonstrate proficiency in the execution of the motor/sport skills appropriate to the specific activities completed.
- Identify and/or explain the applicable history, rules, strategies, current research, safety, and etiquette related to the specific activities completed.
- Identify and/or explain the benefits of physical activity as related to physical and mental health.

Text/Readings

Required: USA Water Polo rule book (PDF format) from Canvas.

Course Notes

- Class protocol: Students are expected to arrive on time and participate fully in all activities throughout the class period. Appropriate swim suits for water polo activity are recommended, and thick-strap, one-piece swimsuits for women are required. Cell phones are to be turned off and left in backpacks for the duration of the class. Interactions with classmates and the instructor are expected to be respectful at all times.
- Recording class: Instruction may not be recorded. If classmates ask you to record their performance for later review make sure it is done before or after class rather than during class. Do not post or otherwise share the recording; act as though social media sites do not exist.
- Intellectual property: Course materials developed by the instructor (e.g., exam/quiz items, videos, lecture notes), are the instructor's intellectual property and cannot be shared or uploaded in any form publicly without the instructor's approval.
- If you have pre-existing medical or physical problems you should consult your physician before participating in this class and alert the instructor to any required limitations.
- Report any accidents to the instructor immediately.
- Places to practice: SPX 180 will be open during class and the skills can also be practiced in any pool that is at least five feet deep.
- Course grades will be posted on Canvas by the end of finals week.
- Students may make up two missed classes by writing a brief paper about significant points in water polo history.
- Written Exam(s) cannot be made up.
- Drop requests will not be accepted after the SJSU drop deadline.
- Outings/assignments completed for another class cannot be counted for this course and can be considered plagiarized material.

Course Requirements, Assignments, and Grading

Tests:

- Skills Assessment #1: 10 passes without dropping the ball with proper form
- Skills Assessment #2: Proper Offensive and Defensive positions
- Skills Assessment #3: Half Court controlled scrimmage
- Skills Assessment #4: Live Scrimmage with two Officials

• **Written Exams:**

- USAWP Rules Quiz #1: Ten instructor-selected questions (completed in class)
- USAWP Rules Quiz #2: Full, randomized, 50-question rules test (open book; completed online)

Grading

Explain your grading policy here. For example you could include information on:

Grading Plan:

- 10% Active Participation
- 10% USA Water Polo Rules Quiz 1 (ten questions)
- 10% USA Water Polo Rules Quiz 2 (full rules test)
- 10% Fitness Advancement Assessment (through swim times at the beginning and at the end of the course)
- 10% Skills Test 1
- 10% Skills Test 2
- 15% Skills Test 3
- 25% Final Skills Test: Officiated Scrimmage

- **Extra credit can be obtained by attending an SJSU men’s home water polo game (held at West Valley) and writing a brief paper (1 page ONLY) regarding the level and speed of the game and the level of aggression. Notes may also be made regarding any rules that were either very clear or misunderstood.**

- **Dates to choose from:**

- **Saturday, September 8th @ 4pm**
- **Friday, September 21st @ 6pm**

- **Skills Assessments may NOT be made up.**
- **Quizzes may be made up at the cost of -1 per day delayed.**

Grading Scale used to determine letter grade for each component above.

Percentage	Equivalent Grade
97% - 100%	A+
93% - 96%	A
90% - 92%	A-
87% - 89%	B+
83% - 86%	B
80% - 82%	B-
77% - 79%	C+

Percentage	Equivalent Grade
73% - 76%	C
70% - 72%	C-
67% - 69%	D+
63% - 66%	D
60% - 62%	D-
below 60%	F

University Policies

Information pertaining to university programs and policies designed to facilitate student success can be found here:

<http://www.sjsu.edu/gup/syllabusinfo/>

Course Calendar (subject to change with fair notice by announcement in class and/or email)

Week	Course Content
1 ~ Aug. 24	Review Syllabus; BRING YOUR SUIT!! For Water Polo Style Strokes (freestyle, backstroke, breaststroke all w/ breast kicks); Fitness Assessment #1
2 ~ Aug. 31	Treading water (eggbeater) Swim set
3 ~ Sept. 7	Proper Passing (standing on the bottom and then adding treading water) Swim set
4 ~ Sept. 14	Skills Assessment #1: 10 passes without dropping the ball with proper form Swim set
5 ~ Sept. 21	Proper positioning on Offense (1, 2, 3, 4, 5, and Center); Shooting Swim set
6 ~ Sept. 28	Proper positioning on Defense (x1, x2, x3, x4, x5, and Center Guard); Shooting from a pass Swim set

Week	Course Content
7 ~ Oct. 5	Center Offender and Center Defender specialties; Center shots Swim set
8 ~ Oct. 12	USAWP Rules Quiz #1: Ten pre-selected questions (completed in class) Skills Assessment #2: Proper Offensive and Defensive positions Swim set
9 ~ Oct. 19	Pressure Passing; Drive Offense and Defense; Shooting from a drive Swim set
10 ~ Oct. 26	Shot blocking (square up and “walk” toward the offensive player); Counter attack transition drills for Offensive transition Swim set
11 ~ Nov. 2	Skills Assessment #3: Half Court controlled scrimmage Swim set
12 ~ Nov. 9	Rookie Referee Speech by Jim Cullingham or Levon Demerjian or Mike Francis MEET AT 7:30AM TODAY!!!! Swim set (if time allows)
13 ~ Nov. 16	Counter Attack Defensive position drills; Rabbit drill Small swim set
14 ~ Nov. 23	THANKSGIVING BREAK!!!!
15 ~ Nov. 30	Controlled Scrimmaging; 10-minute live scrimmage Swim set
16 ~ Dec. 7	Skills Assessment #4: Live Scrimmage with two Officials Final Fitness Assessment ONLINE: USAWP Rules Quiz #2: Full, randomized rules test (open book)