I. **OVERVIEW**  
*The following information will appear in the 2009 - 2010 catalog*

PEC-135  **Springboard Diving**  1 Unit

Springboard diving course for students of all ability levels. Workouts will include stretching, strength development, flexibility and coordination exercises, techniques of the approach, hurdle, press, takeoff, flight and entry. Mid-air maneuvers will be identified and practiced on one meter and three meter diving boards as skill levels increase. Basic water safety and related safety issues will be included. Course is repeatable - four completions allowed. Field trips are not required. Course is not applicable to the associate degree.

II. **LEARNING CONTEXT**  
*Given the following learning context, the student who satisfactorily completes this course should be able to achieve the goals specified in Section III, Desired Learning:*

A. **COURSE CONTENT**

1. **Required Content:**

2. **Required Lab Content:**

   Safety issues and emergency procedures.  
   Warm up, stretching and cool down exercises.  
   Body mechanics and balance.

   Proper use if the diving board and executing a dive.  
   1. Starting Position  
   2. Approach and Press  
   3. Take Off  
   4. Flight  
   5. Entry  
   6. Recovery and Protection Techniques

   Preparing for Competition.  
   1. Dive Catagories  
   2. Dive Positions  
   3. Required Dives  
   4. Optional Dives  
   5. Preparing a Competition Dive List  
   6. Judging and Scoring

B. **ENROLLMENT RESTRICTIONS**

1. **Requisite Skills**
   *Before entering the course, the student will be able to:*
   
   a. Basic swimming and water safety skills are highly recommended.
C. **HOURS AND UNITS**

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D. **METHODS OF INSTRUCTION (TYPICAL)**

Instructors of the course might conduct the course using the following method:

1. lecture
2. demonstration of skills
3. discussion
4. skills rehearsal

E. **ASSIGNMENTS (TYPICAL)**

1. **EVIDENCE OF APPROPRIATE WORKLOAD FOR COURSE UNITS**
   
   *Time spent on coursework in addition to hours of instruction (lecture hours)*

   'Lab only - no outside-of-class hours required.'

2. **EVIDENCE OF CRITICAL THINKING**
   
   *Assignments require the appropriate level of critical thinking*

   1. Create a legal NCAA dive list for both 6 and 11 dive competitions.
   2. Complete diving forms with correct dive numbers, dive descriptions and degree of difficulties.
   3. Fill in scores on a competition score sheet, compute scores and compile diving meet results.

F. **TEXTS AND OTHER READINGS (TYPICAL)**

1. Other: Class handouts prepared and issued by instructor.

III. **DESIRED LEARNING**

A. **COURSE GOAL**

*As a result of satisfactory completion of this course, the student should be prepared to:*

Demonstrate proper stretching, warm up and cool down techniques, basic understanding of the scoring procedures in the sport of diving, the five dive categories and dive positions, starting position for front and back take offs, including the approach, hurdle, press, flight, and entry. Demonstrate proper water safety and cite specific safety issues concerning the use of diving boards in a public setting.

B. **STUDENT LEARNING GOALS**

*Mastery of the following learning goals will enable the student to achieve the overall course goal.*

1. **Required Learning Goals**
   
   *Upon satisfactory completion of this course, the student will be able to:*

2. **Lab Learning Goals**
Upon satisfactory completion of the lab portion of this course, the student will be able to:

a. Demonstrate proper warm up, stretching, and cool down techniques.

b. Demonstrate proper start position, approach, hurdle, press, take off and entry.

c. Perform one required dive from each of the five dive categories; front, back, inward, reverse, and twist.

d. Demonstrate proper water safety and cite specific safety issues concerning the use of diving boards in a public setting

e. Perform one optional dive of greater difficulty from one of the five dive categories.

IV. METHODS OF ASSESSMENT (TYPICAL)