Modesto Junior College
Course Outline of Record

PEVM 140

I. OVERVIEW
The following information will appear in the 2010 - 2011 catalog

PEVM 140  Men’s Varsity Water Polo  3 Units

Instruction, training, and competition in intercollegiate water polo.

Four Maximum completions.
Field trips are not required. (A-F Only) /Lab
Transfer: (CSU, UC) General Education: (MJC-GE: Activities )

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:

   a. Rules and regulations
      1. Outside the 5-Meter shot
      2. Two hands inside the 5-Meter penalty shot
      3. What is an Exclusion fouls
      4. Penalty shots vs Exclusive fouls
      5. Defensive shot blocking to the offensive team

   b. Techniques and strategies

   c. High school rules vs College rules
      1. 8 minute quarters in College, 7 minute in high school
      2. 25 meters in College vs 25 yards in High school

   d. Set plays

   e. No center offense
      1. Motion offense
      2. Press defense
      3. Drop defense
      4. Man up offense
      5. Man down offense

   f. Drill work

   g. 3 man counter attack
      1. 1 versus goalie shoots
      2. Swimming with the ball
      3. Ball side drives
      4. Half court situation
      5. 2-meter play

   h. Conditioning
1. Endurance through swimming
2. Weight lifting
3. Running
4. Jump outs
5. Leg work
6. Mental preparation

B. **HOURS AND UNITS**

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

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

1. Lecture, chalkboard presentation and demonstration
2. Individual, team and game situation drills
3. Inter-collegiate games.
4. Group interaction within class among students/teacher

D. **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*

   a. Written appraisal of performance of acquired skills/strategies/rules
   b. Analysis of technique and theory of water polo through game scenarios
   c. Skills competency as demonstrated through
      i. passing drills
      ii. water polo swim strokes
      iii. shooting drills
      iv. goal tending
   d. Evaluation of team offense and team defense as viewed on game videos
   e. Written evaluations of rules and regulations of water polo

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

1. Other: no text required
III. DESIRED LEARNING

A. COURSE GOAL
   As a result of satisfactory completion of this course, the student should be prepared to:
   
   demonstrate knowledge, skills, and strategies for successful participation in water polo at the intercollegiate level.

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. Assess skills as they are learned and how they fit into team play.
      
      b. Develop an endurance and conditioning program to prepare for collegiate competition
      
      c. Evaluate and interpret rules of competitive water polo
      
      d. Assess mental preparation as demonstrated through game performance

IV. METHODS OF ASSESSMENT (TYPICAL)

A. FORMATIVE ASSESSMENT
   
   1. Assessment of rules of the game of water polo
   
   2. Demonstration of advanced ball handling skills
   
   3. Explain theories of offense and defense
   
   4. Periodic skills tests.
   
   5. Pre test

B. SUMMATIVE ASSESSMENT
   
   1. Demonstrate the theories of man-up offense
   
   2. Demonstrate the theories of man-down defense
   
   3. Participation frequency of skills
   
   4. Pre/Post skills test