

KIN-V70 — WATER POLO TECHNIQUES

About This Course

Transfer: UC, CSU

1.00 units

Prerequisite: None

Limitation on enrollment: Retention based on successful tryout

Description: Opportunity for students to develop fundamental skills in the sport of water polo. Drills and various practice techniques will be used to develop all aspects of the game. The student will participate in an extensive physical conditioning program, which will include stretching, swimming, strength building and kicking exercises. Subsequent enrollment in additional semesters will provide the student an opportunity for added skill and competency development within the activity area. May be taken a total of four times. 54 hours laboratory.(Letter Grade, or Pass/No Pass option.)