

**Fundamentals of Competitive Water Polo**  
**RECR F110J**  
**1 credit - Pass/Fail**

**COURSE INFORMATION:**

**Prerequisites:** Conditioning Swimming or Instructor Approval

**Location:** Patty Pool, UAF Campus

**Meeting Dates/Time:** Tuesdays 9-11am  
Thursdays 9-10 am

**INSTRUCTOR INFORMATION:**

**Name:** Zachary Kassel

**Office Hours:** by appointment

**Telephone/Email:** (907) 490-9907 kassels@gci.net

**COURSE READINGS/MATERIALS:**

**Course Textbook:** none

**Supplementary Readings:** none

**Any Supplies Required:** Swimming suit, goggles, swim cap if preferred

**COURSE DESCRIPTION:**

This course is designed to provide a working knowledge of the game of water polo. Students will learn techniques used in water polo, as well as the basic rules and regulations of the sport.

Prerequisite: RECR 110D or Instructor Permission

**GENERAL DESCRIPTION OF GOALS:**

This course will provide the student with an overview of the game of water polo. The student will learn the physical skills and strategies used in water polo. The student will also learn a water-based sport other than fitness swimming.

**INSTRUCTIONAL METHODS:**

The majority of class time will be in the water practicing water polo skills and playing games. There will also be limited classroom time to watch video of water polo matches.

## **COURSE POLICIES:**

Attendance is critical. 7 or more hours absent will result in a failing grade. Class is graded on a pass/fail basis.

## **EVALUATION:**

Students will be evaluated on primarily on attendance. There will also be several assessments made in class to determine skill acquisition and competency. Poor attendance CANNOT be compensated by skill assessment.

Grade breakdown is as follows:

attendance	75 points
skill acquisition	25 points
total possible	100 points

Minimum points required to pass the class is 70.

## **DISABILITIES SERVICES:**

UAF has a Disability Services office that operates in conjunction with the College of Rural and Community Development's (CRCD) campuses and UAF's Center for Distance Education (CDE). Disability Services, a part of UAF's Center for Health and Counseling, provides academic accommodations to enrolled students who are identified as being eligible for these services.

If you believe you are eligible, please visit <http://www.uaf.edu/chc/disability.html> on the web or contact a student affairs staff person at your nearest local campus. You can also contact Disability Services on the Fairbanks Campus at (907) 474-7043, or [fydso@uaf.edu](mailto:fydso@uaf.edu).