STAC 174- Water Polo

PLEASE REFER TO THE WELCOME PAGE FOR GENERAL INFORMATION:
http://studentwellness.byu.edu/physical/activitycourses

Course Description

Water polo can be a difficult sport to play if the players are not proficient or advanced swimmers. During this class, players will be unable to touch the bottom of the pool and so we require that all students wishing to participate in this class be proficient or advanced swimmers. In order to participate in this course, students must:

1. Complete a 300-yard continuous swim test at a recommended five (5) minutes or less. This means you may not stop to catch your breath before finishing. Students will have one attempt prior to the add/drop deadline in order to complete this.

2. Complete a timed two-minute treading test. This will be completed in deep water and students may not use their hands, flotation devices or walls for support. Students will have one attempt prior to the add/drop deadline in order to complete this.

Learning Outcomes

At the conclusion of the course students will:
● Demonstrate competence in the fundamental skills of water polo such as treading, passing, and shooting
● Demonstrate their ability to understand basic game play and rules of the game by written test

Course Content

1. Treading  
2. Passing  
3. Shooting  
4. Pressure Passing  
5. Defensive Techniques  
6. Offensive Techniques  
7. Penalties  
8. Positions  
9. Hole-Set Techniques
Grading

- This course is graded PASS/FAIL
- Students must meet the following criteria to pass this course:
  1. Pass the attendance part of the course with 80% (No more than 5 hours absent)
  2. Pass the written part of the class with 75% on the written test
Students who do not meet these criteria will receive a Fail (E) grade which will impact their GPA

Attendance/Participation

- Because participation is the primary component of an activity class, attendance is requisite to pass the class.
- Students must attend and participate in 80% of all class sessions to pass the course (Department Policy). There is no such thing as an excused absence for University Business. The purpose of the allowed absences is to accommodate for illness, injury, or University business.
  o For twice a week semester classes or 4 times a week block and Spring/Summer term classes, this equals no more than 5 missed class periods.
  o For twice a week block or Spring/Summer term classes and once a week semester classes, this equals no more than 2 missed class periods.
  o For once a week block classes, this equals no more than missed class period.
  o Excessive tardiness is not acceptable. Three (3) incidents of tardiness equal one (1) absence.
    ▪ Roll call will be taken 5 minutes after the hour. If a student arrives after the class begins, it will count as a tardy.
    ▪ If the student arrives 10 minutes or more after the class begins or leaves early, it will count as an absence.
- Students will not be marked absent for the 1st and 2nd class period. If a student is in a
- If a student misses the first class that will equal two hours missed.
- A student incurring a prolonged injury or illness resulting in more than the allowed absences can withdraw from the class prior to the withdrawal deadline (see academic calendar). Students with a prolonged illness or injury occurring after the withdrawal deadline can petition to withdraw at the Petitions Office in D155 ASB.
  If a student has any questions about this policy, contact Student Wellness in 112 RB or email activity@byu.edu.

Written Exam

A written examination must be taken in the Testing Center. IMPORTANT: The test dates are posted at http://studentwellness.byu.edu/physical/activitycourses/. The test must be taken by one day prior to the last day of classes and will not be available during the last day of classes, Reading Day, or Finals.