

STUDENT LEARNING OUTCOMES:

At the completion of this course the successful student will be able to infer basic movements for a proper entry into the water from various heights of a springboard while using basic approaches and takeoffs and obtaining a moderate level of flexibility and physical fitness.

Course Prefix and Number: PE 136 F
Semester and Year Approved:
Semester and Year Revised: Fall 2005
Semester and Year Effective: Fall 2006

FULLERTON COLLEGE COURSE OUTLINE

Division: **PHYSICAL EDUCATION**
Department/Subject Area: **PHYSICAL EDUCATION**
Course Prefix: **PE**
Course Number: **136 F**
Course Title: **Springboard Diving**
Units: **1**
Lec Hours: Full Term Hrs/Wk.
Lab Hours: Full Term Hrs./Wk. **3**
Assignment Preparation Hours:
Prerequisite, Corequisite, or Advisory Validation Date:
Prerequisite(s):
Corequisite(s):
Advisory(ies):
(Rev. 7/98) outline.wpt

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- **CATALOG DESCRIPTION**
Two hours lab per week. Instruction in forms of springboard diving emphasizing balance, strength, flexibility, coordination, and kinesthetic ability. The anaerobic workout includes the techniques of approach steps, hurdle and takeoffs. Entries into the water and mid-air maneuvers will be identified and practiced on one meter and three meter diving boards. May be taken four times for credit.
 - **SCHEDULE DESCRIPTION (max 3 lines)**
Instruction in varieties of springboard diving that stress cardiovascular endurance, balance, strength development, and improved flexibility. This includes the skills of approaching, hurdling, taking off, and entering the water from the one meter and three meter diving boards.
 - **ENTRY LEVEL SKILLS AND KNOWLEDGE (To be completed if required by Prerequisite Policy)**
Upon entering this course, the student needs to be able to do the following:
Stride in a coordinated fashion, and jump vertically.
 - **INSTRUCTIONAL OBJECTIVES (Use measurable objectives only)**
Upon completion of this course, the student will be able to do the following:
 - 1. Identify and differentiate the fundamental skills of diving.**
 - 2. Analysis of one meter and three meter diving skills.**
 - 3. Demonstrate increased conditioning, flexibility, and kinesthetic awareness.**