GROSSMONT COLLEGE

Official Course Outline

EXERCISE SCIENCE 037C - ADVANCED SPRINGBOARD DIVING

1. Course Number Course Title Semester Units Semester Hours

ES 037C Advanced Springboard 1 1 hour lecture

Diving 1 hour laboratory

2. Prerequisites

None.

Corequisites

None.

Recommended Preparation

A “C” grade or higher or “Pass” in ES 037B or equivalent or specified skill competencies; and a “C” grade or higher or “Pass” in ES 039 or equivalent or basic swimming/water safety skills.

3. Catalog Description

Instruction and practice in advanced diving skills necessary to use the one meter and three meter boards with an emphasis on board work, front and back approaches, front and back jumps, and front and back line-ups. Individuals enrolling in this class should have basic swimming skills. Students will also learn the fundamental principles of physical fitness and their impact on life-long health.

4. Course Objectives

The student will:

1. Demonstrate the basic skills of advanced diving.
2. Analyze and discuss the biomechanical principles which underlie optimal advanced diving performance.
3. Evaluate and critique the diving performances of class members.
4. Demonstrate knowledge of the principles of physical fitness as well as healthy life-style choices and evaluate their impact on an individual’s health and well-being.
5. Instructional Facilities
6. Pool with 1 meter and 3 meter boards.
7. White board.
8. Access to hot water (showers or other) for divers, between dives.

6. Special Materials Required of Student

a. Swim Suit.

b. Towel.

c Warm jacket.

d. Internet access.

7. Course Content

1. Discussion of the biomechanics of springboard diving at an advanced level.
2. Introduce springboard diving conditioning activities at the advanced level.
3. Review the front approach with a hurdle and a minimum of three steps.

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7. Course Content: continued

1. Review the mechanics of a front and back jump on one meter.
2. Discuss the mechanics of six dives on the one meter and three meter boards; five required dives and one optional dive for each board at the advanced level.
3. Apply the principles of scoring and the rules of a diving competition.
4. Lecture/discussion on the parameters of physical fitness as well as healthy lifestyle choices and their implications to the life-long health and well-being.
5. Demonstrate knowledge of the front and back line-ups on the three meter board.

8. Method of Instruction

1. Lecture/Demonstration.
2. Individual practice.
3. Video recording of student performance for analysis purposes.
4. Lecture/discussion regarding physical fitness and life-long health.

9. Methods of Evaluating Student Performance

a. Practical performance evaluation of advanced diving skills.

b. Written mid-term and final exam.

c. Outside assignments.

10. Outside Class Assignments

1. Inclusion of at least one additional day of prescribed exercise to meet minimum frequency standards needed to gain fitness.
2. At least 1-2 hours per week in reading assignments and/or practice.

11. Texts

a. Required Text(s): Exercise Science and Wellness Department. The Way to a Long and Healthy Life. El Cajon, CA: Grossmont College, 6th Edition, 2012.

b. Supplementary texts and workbooks:

Instructor materials.

Addendum Student Learning Outcomes

Upon completion of the course, the student will:

1. Demonstrate knowledge, skills and appreciation of springboard diving at the advanced level.
2. Identify the principles for maintaining an active and healthy life.

Date approved by the Governing Board: May 21, 2013