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**KINA 9.56: Athletic Women's Water Polo - Skills and Techniques**

The course provides the opportunity for students to develop advanced intercollegiate water polo skills and techniques. This course provides instruction in water polo rules, techniques, equipment and facilities management, etiquette, and safety. In addition, students are given the opportunity to apply nutrition, strength training, flexibility, and proper swimming mechanics to improve their skill level.

Letter Grade, Pass/No Pass

Units: 1

Lecture Hours: 0, Lab Hours: 48 - 54

Prerequisites: None

Co-Requisites: None

Advisory: None

Transferable to both UC and CSU

WVC GE: Area A-8: Kinesiology

CSU GE: Area E - Lifelong Learning and Self Development