

Global Learning Semesters

Course Syllabus

Course: SPSC-116 Diving (Platform)

Department: Liberal Arts

Host Institution: Intercollege, Nicosia, Cyprus



Course Summary		
Course Code	Course Title	Recommended Credit Hours
SPSC-116	Diving (Platform)	2
Semester Offered	Contact Hours	Prerequisites
Please contact us	42-45	SPSC-305, (Recommended: SPSC-302)
Department	Level of Course	Language of Instruction
Liberal Arts	Lower Division	English

Course Description

The aim of the course is to provide students with basic performance techniques of springboards/platform-diving skills. It is concerned with methodologies and techniques used to learn and be able to teach basic platform-diving skills. An Introduction to teaching progressions of dives from one and three meter springboards and basic platform diving will be covered. The course includes forward and back dives, reverse and inward dives, and twist and somersault dives. It emphasises fundamentals and flexibility of teaching method. The degree of difficulty increases progressively as ability increases. The teaching of methodological development exercises at the gym, on the trampoline and in the water. Practice is undertaken in simple diving forms from flexible and stable diving platforms 1, 3 and 5 m.

Prerequisites

SPSC-305, (Recommended: SPSC-302)

Topic Areas

1. Historical evolution. Lesson content (Theory).
2. Diving centre, security, regulations, contests (Theory).
3. Movement techniques at the gym (Practice).
4. Familiarization with the trampoline (Practice).
5. Movement techniques on the trampoline (Practice).
6. Diving from small heights. Exercises of familiarization (Practice).
7. Diving and entering water with legs first. Steps (Practice).
8. Diving and entering with the upper and lower part of the body (Practice).
9. Diving in positions A, B, C. Test (Practice).
10. Man oeuvres. Diving from 1, 3 and 5 m. (Practice).
11. Steps on flexible platform (Practice).
12. Diving from 3 and 5 m. Test (Practice).
13. Recapitulation.

Learning Outcomes

By the end of this course the students should be able to:

1. Be confident in their own personal diving skills.

2. Develop confidence in attempting water entries from varying heights from diving platforms/ springboards.
3. Develop balance and maneuverability.
4. Appreciate the potential of recreational water activities to enrich living.

Assessment

Midterm Examination-Theory: (30%)

Final Examination-Practice: (60%)

Attendance and Participation: (10%)

Readings and Resources

Required Textbooks

- Instructor Manual and supplementary course-notes will be handed by the beginning of the course.