

# **Water Polo Website Written Report**

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## **1 Abstract**

This water polo website is an integrated one-stop repository for youths to really understand and appreciate water polo, and hopefully take it up as a recreational activity or as a competitive sport. Our website contains various resources to help achieve this, with the website itself, pamphlets, a blog and a telegram channel for convenient and easy reference.

## **2 Introduction**

### **2.1 Rationale**

With the advent of social media and a great improvement in the quality of gaming, students rarely spend time doing outdoor activities. Thus, our goal is to introduce students to a sport where they can interact with one another and spend some time away from their devices. Water polo is a relatively small sport that is gaining popularity at a rapid speed in recent times, with it also being ranked as one of the most difficult sports to play in the world. By learning water polo, younger people can find an avenue to train their body, make new friends, and also not feel the disgusting sweat all over their body when playing it.

### **2.2 Objectives**

The main aim of our project is to

- Educate students on how to play water polo
- Increase students' interest in water polo by promoting the sport

### **2.3 Target Audience**

Our main target audience is the youth, people aged 16 and below.

## **2.4 Proposed Resources**

The resources for our project include:

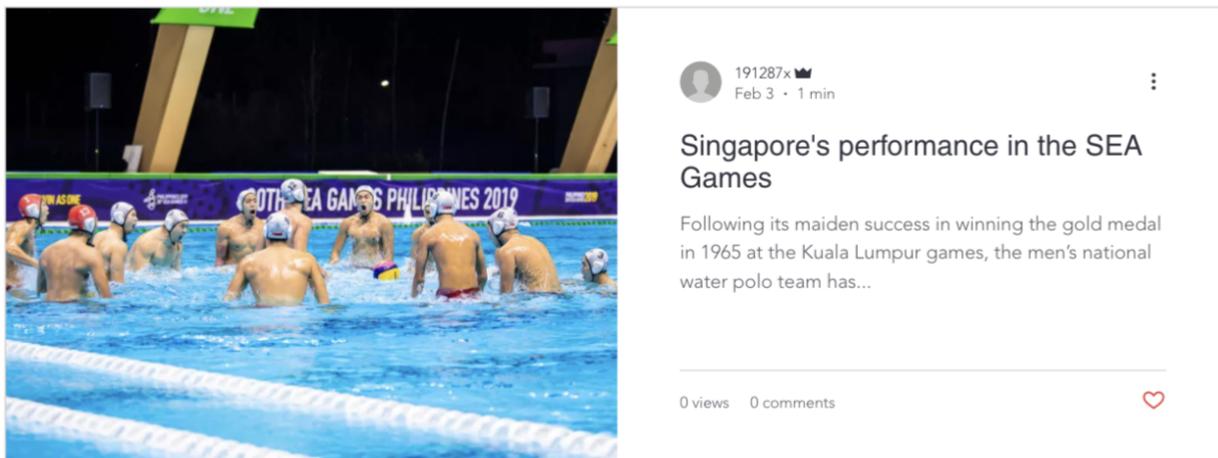
- Website
  - Give a crash course on water polo and allow people to learn the basics of it
    - Consists of the History of water polo, the Rules of the sport and How to play it
    - Also includes a section on Flippa ball, an easier version of water polo to get started
    - Has informative videos for people who would rather listen than read

WATER POLO WEBSITE

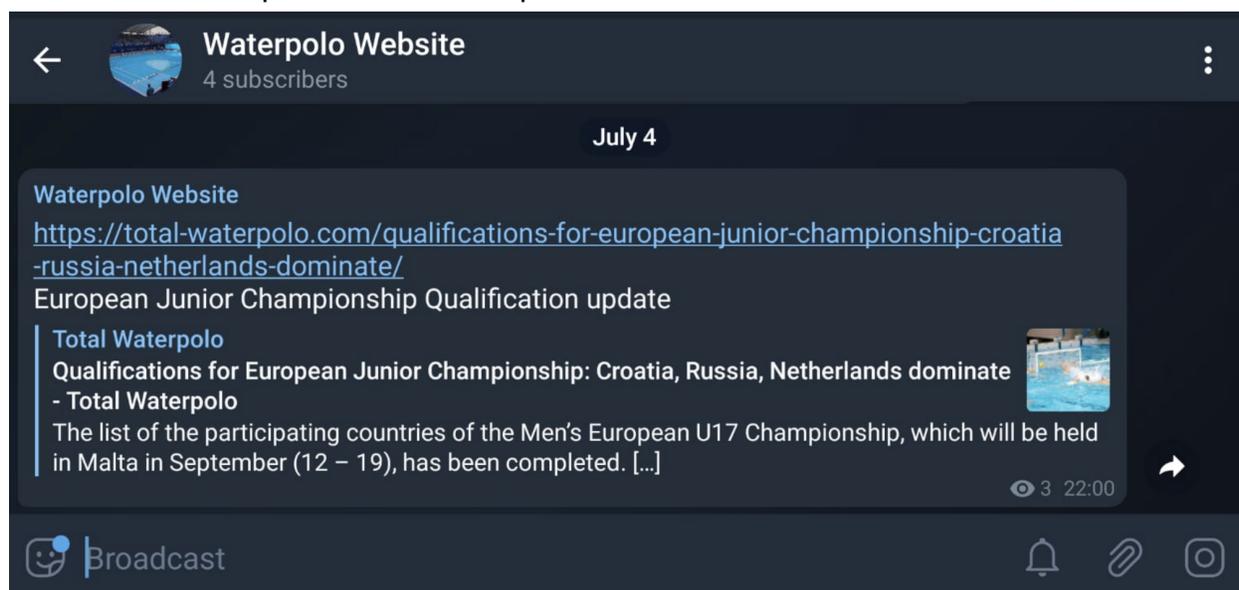
[Home](#) [Rules](#) [How to play](#) [Flippa Ball](#) [History](#) [Blog](#)



- Blog
  - Current affairs and analysis of certain events related to water polo
  - In-depth discussion on what happened for matches played and the results
  - Detailed experiences from water polo players in Singapore about competitions
  - Discussion on formations and certain situations that are more complex and harder to understand
  - Q&A can be held here



- Telegram Channel
  - Similar to blog, but this is more of dissemination of current events happening for water polo and spreading of sources rather than discussions
  - Will be updated more frequently than the blog
  - Pamphlets will also be posted here



- Quiz
  - Comes in the form of a google form
    - Would contain questions related to water polo as per stated in the website
  - Contains a section on feedback
    - Allows viewers to voice out their opinions about our website for us to make necessary amendments

### 3 Review

There are multiple news articles (as shown below), which gives multiple reasons why people should take up water polo as a sport and why we are trying to promote it.

#### Review:

| rating | Sport         | cardio endurance | strength | muscle endurance | flexibility | calories rating (cal) | injury risk | total |
|--------|---------------|------------------|----------|------------------|-------------|-----------------------|-------------|-------|
| 1      | squash        | 4.5              | 3        | 5                | 3           | 5 (517)               | 2           | 22.5  |
| 2      | rowing        | 5                | 4        | 5                | 3           | 2 (302)               | 3           | 22    |
| 3      | rock climbing | 1                | 5        | 4                | 5           | 5 (475)               | 2           | 22    |
| 4      | swimming      | 4.75             | 3        | 5                | 3           | 2 (345)               | 3           | 20.75 |

#### Review:

# INSIDER

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From the look of it, water polo combines the psychological torment of playing handball against an eighth grader with the brutality of ice hockey and lacrosse, all with the added bonus of potentially drowning.

It's no wonder Bleacher Report ranked water polo as the number one toughest sport in the entire world.

## **Review:**

### **Overall Review:**

We conducted research to check out the current resources available that advocate and promote water polo, or teaching others how to play the sport. However, we believe there is much room for improvement.

1. The water polo websites currently available are too wordy and are made such that only people with water polo experience is able to fully comprehend the information portrayed.
2. The water polo websites usually concentrate only on one aspect of the game, such that a full explanation of the sport cannot be found on one website.
3. The websites do not allow people to appreciate the sport of water polo as they portray it in dull words and very little photos.

## **4.Methodology**

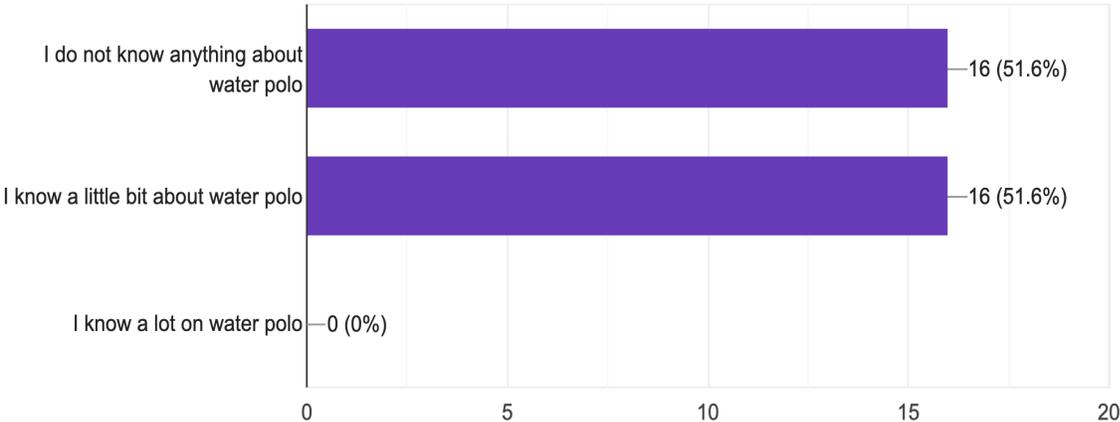
### **4.1. Needs Analysis**

To find out whether a website like ours would be useful in providing people with a better understanding of water polo as a sport, we decided to conduct research on our classmates and peers, who all fit the criteria for our target audience group.

Firstly, we asked if people knew about water polo.

How much do you know about water polo?

31 responses

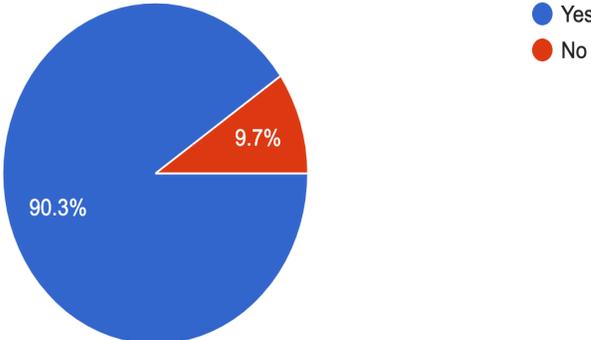


Majority of the participants in the survey indicated that they did not know much about the sport, and the rest stated that they only know a little bit about the sport.

Secondly, we asked the participants of the survey if they had an interest in water polo.

Are you interested in water polo?

31 responses

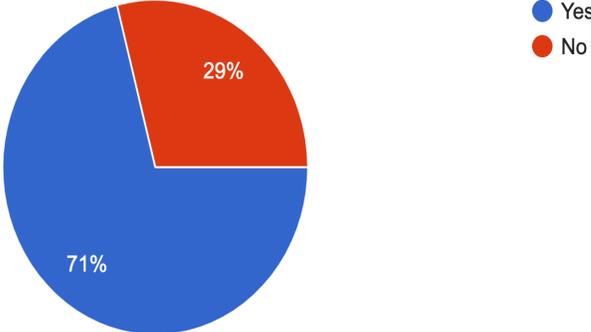


Majority of the participants indicated that they had an interest in water polo.

Thirdly, we asked the participants if they would like to know more about the sport,

Will you like to find out more about water polo?

31 responses

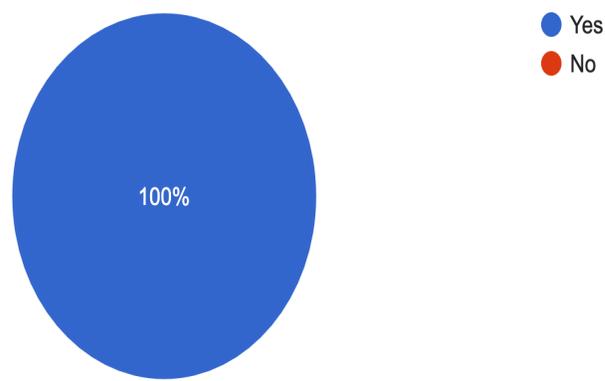


Majority of the participants would like to find out more about the sport.

Lastly, we asked if they believed that water polo would benefit one both physically and mentally.

Do you think that water polo can benefit a person both physically and mentally?

31 responses



They all agreed that water polo would indeed benefit both the physical and mental state of players.

**It is therefore evident that our project would address the needs of our target audience.**

## **4.2. Design and Crafting of Resources and Information**

In order to ensure that we provide top-notch information on water polo to our audience, we made sure that our website contains up to date information on the rules and regulations of the sport.

We have included many sub-components into the website, including the history page, the rules page and the how to play page. We have good and informative videos included in our website. We topped up our existing expertise and understanding of the sport with research from many different credible sources, like FINA's official website about water polo, such that the information we present to you would be accurate and extensive. We used our own knowledge of water polo to check the content of the websites before referring to them. This helped us gain sufficient information for all sections of our website since our aim is to create a website that encompasses everything related to water polo.

Although we play the sport and know the game, it is difficult to think of everything that is necessary information to be added and thus we needed to refer to other websites. We decided to only pick out the most important and basic points to be in our website for an easy read and understanding, removing the excess details that rarely come by in a game. This was to ensure it was not too wordy and boring.

## **4.3. Pilot Test**

Due to the covid-19 pandemic, our options of finding out the results of our website were limited. As we were unable to do physical pilot testing, we had to make do with quizzing others on the effectiveness of our website via a Google Form.

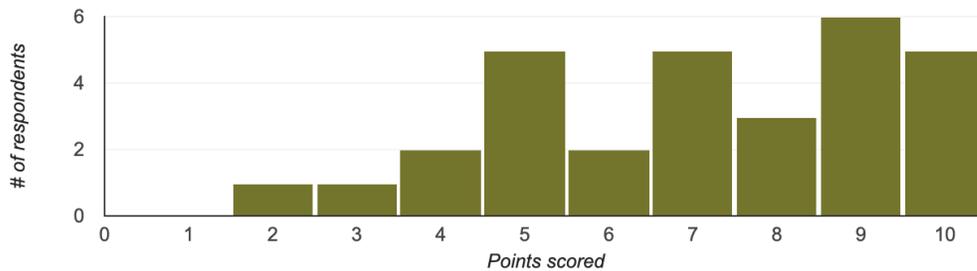
## Insights

**Average**  
7.1 / 10 points

**Median**  
7 / 10 points

**Range**  
2 - 10 points

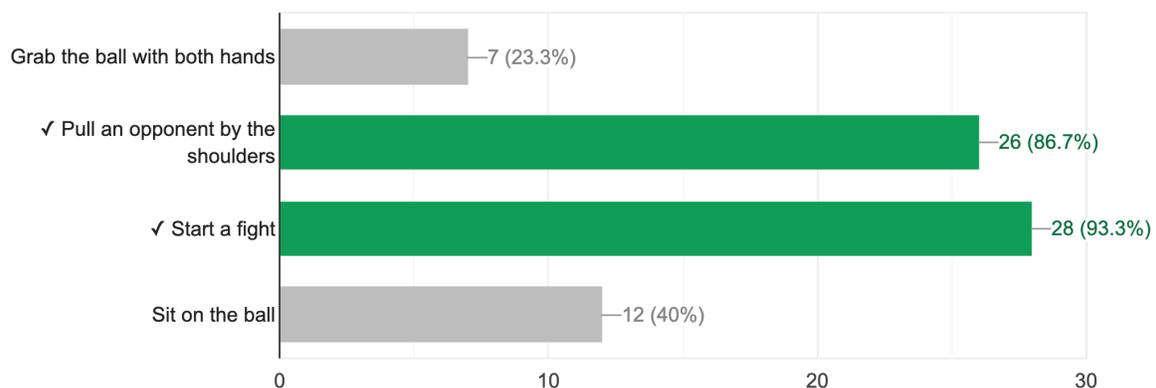
Total points distribution



This is the result from the quiz, and from the average and median, we can conclude that after referring to our website, participants have a good understanding of water polo with an average of 7.1 and a median of 7. Only 4 people out of 30 people failed the test, with 19 out of 30 people getting 8 or higher for the quiz. In the quiz, we had 2 trick questions to test people's knowledge and as expected, many fell for it.

How do you get a major foul? Click all that apply.

14 / 30 correct responses

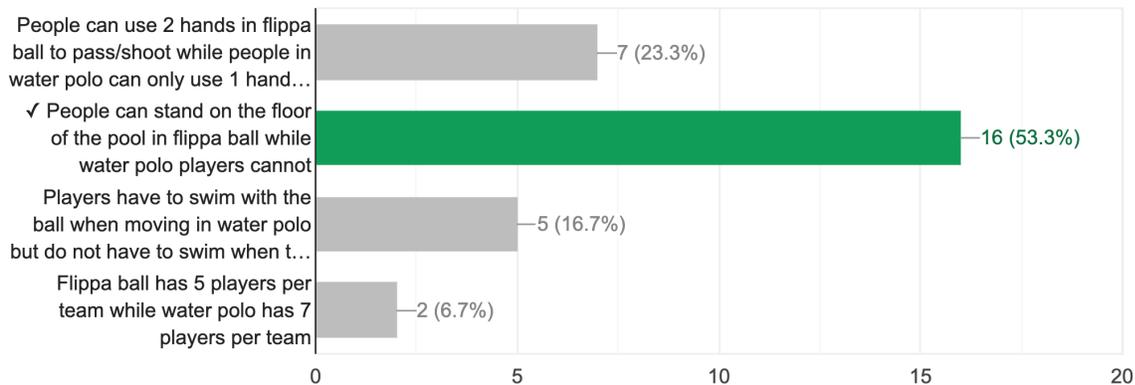


The first trick question was this, where people who took the quiz had to pick the different options that would be counted as a major foul in a game. We purposely chose these options as they all seem as if they are breaking the basic rules, which sound very bad,

but they do not necessarily result in a major foul. The question requires participants to choose only the correct answers to get the mark, causing many to get this one wrong. At the end of the day, the correct answers were still the answers that were chosen the most.

What is the difference between flippa ball and water polo?

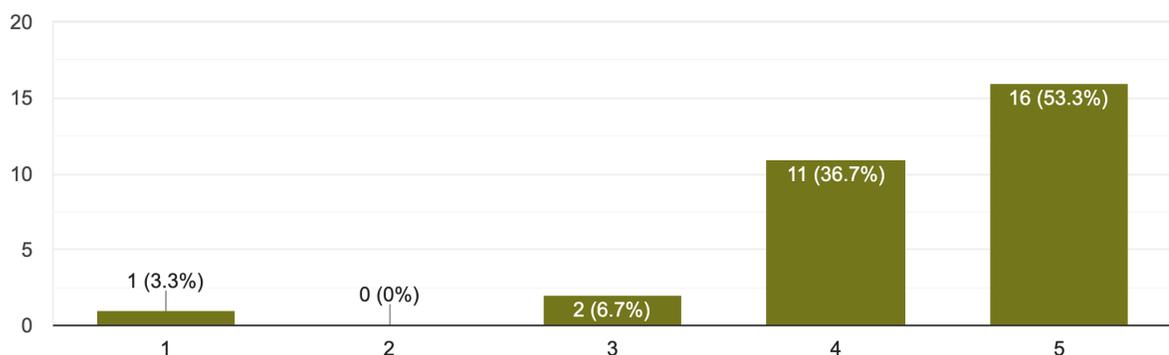
16 / 30 correct responses



This is another trick question about flippa ball, a section of our website. This was meant to see if people had paid really close attention to the details of the website and fully understood it. The first, second and third options seem correct, but the first and third options are wrong because of a minor change in phrasing which is difficult to catch. The rough idea from these participants is there, but they must pay more attention to the details.

How effective do you think our website is in helping you understand the game of water polo?

30 responses



Based on the responses to this question, most people, 27 out of 30, felt that the website was effective and helped them better understand water polo. Only 1 person felt that it

was below standards. Thus, we can conclude that our website is effective and useful due to a majority satisfaction with the website.

All in all, our website is useful as participants are able to have a deeper understanding of water polo, learning the rules and regulations as well as the history of the sport. Thus, they are then able to apply what they learn in an interesting manner into action as they figure out the rules and regulations of the sport.

## **5. Outcome and Discussion**

We believe that embarking on this project has been a successful journey, with an amazing outcome. With the advent of this website, I believe that many people out there interested in learning about water polo would be able to have a better understanding about the sport. Due to the pandemic, we had limited time for testing of the website, but we received positive feedback on the website despite the circumstances.

Overall, we believe that our project has achieved its objectives, which is to educate people on water polo and provide a platform for people to access water polo information.

While some might argue that our project might have had such a small and specific target audience, we actually had such a target audience for a reason. This was so as to allow PE teachers to use the website to teach water polo to students, and also as at the age of 16 is when people start to grow stronger, allowing them to cope with the difficulty of the sport.

Should we expand our target audience to include those in their late teens to early adulthood, I believe that our project would have been widely accepted as a platform for people to find out more about the sport and learn the sport from scratch.

## **6. Conclusion**

Over the course of the project work year, we have come to realise that while the journey sure was a rocky one, it was indeed very fruitful. Amidst the Covid-19 pandemic, many restrictions further amplified any challenges we faced in our project. Since there were many changes the pandemic brought about such as the inconvenience to meetup and smm measures, we could not conduct our project as per normal. However, this also gave rise to our determination and our dedication to the project. We have grown to realise that adaptability is key in undertaking a difficult project. There were setbacks, but we managed to generate solutions for our current situation (such as by using video conferencing), and proceeded from there. This has also inculcated a growth mindset in us. Instead of seeing a setback as a failure, it is, rather, a sign for change, where we question ourselves whether there are better solutions to the issue posed.

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