

### Course Outline

**COURSE:** ATH 14B                      **DIVISION:** 40                      **ALSO LISTED AS:** KIN 14B    PE 14B

**TERM EFFECTIVE:** Spring 2018                      **CURRICULUM APPROVAL DATE:** 03/27/2017

**SHORT TITLE:** FUNDAMENTALS OF BASKETBALL

**LONG TITLE:** Fundamentals of Basketball

<u>Units</u>	<u>Number of Weeks</u>	<u>Type</u>	<u>Contact Hours/Week</u>	<u>Total Contact Hours</u>
2	18	Lecture:	1	18
		Lab:	3	54
		Other:	0	0
		Total:	4	72

#### **COURSE DESCRIPTION:**

More in-depth and advanced instruction in the theory, strategy, practice and conditioning in basketball to better prepare the individual student in all aspects of playing and coaching the sport. Designed for the student who has already completed ATH 14A. May be repeated once for credit. This course has the option of a letter grade or pass/no pass. **ADVISORY:** PE 14B or KIN 14B or ATH 14B.

**PREREQUISITES:**

**COREQUISITES:**

**CREDIT STATUS:** D - Credit - Degree Applicable

#### **GRADING MODES**

L - Standard Letter Grade

P - Pass/No Pass

**REPEATABILITY:** R - Course may be repeated

Maximum of 1 times

#### **SCHEDULE TYPES:**

02 - Lecture and/or discussion

03 - Lecture/Laboratory

04 - Laboratory/Studio/Activity

#### **STUDENT LEARNING OUTCOMES:**

1. Demonstrate the basic fundamentals of guard, forward and post play.

Measure of assessment: demonstration, role playing  
Year assessed, or planned year of assessment: 2016  
Semester: Fall

2. Explain the key concepts in attacking complex zone defenses.

Measure of assessment: exam, report  
Year assessed, or planned year of assessment: 2016  
Semester: Fall

3. Describe the various types of full court press defenses and the methods used for breaking them.

Measure of assessment: demonstration, exam, report  
Year assessed, or planned year of assessment: 2016  
Semester: Fall

## **CONTENT, STUDENT PERFORMANCE OBJECTIVES, OUT-OF-CLASS ASSIGNMENTS**

Curriculum Approval Date: 03/27/2017

4 Hours (1 Hour Lecture/3 Hours Lab)

Content: Introduction and review of course syllabus and grading procedures. Equipment needs and introduction of additional stretching and conditioning methods for participating in competitive basketball games will be discussed. Students who repeat the course will be provided with opportunities to lead and demonstrate.

Student Performance Objectives: Demonstrate the stretching and conditioning activities specific to basketball.

16 Hours (4 Hours Lecture/12 Hours Lab)

Content: Advanced offensive guard play, including detailed instruction and drill work for improving dribbling, passing, shooting, rebounding, cutting, and faking. Advanced offensive skill development for forwards and posts. Creating a lead against defensive pressure, advanced one on one moves from the wing, low post, and high post areas, advanced rebounding techniques, and additional shooting drills to improve one's skill will be presented through lecture, discussion, video, and guided practice. Students who repeat this class will become more proficient in these skills through supervised repetition of the drills.

Student Performance Objectives: Demonstrate and describe a variety of advanced offensive skills utilized by the guard, forward and post.

8 Hours (2 Hours Lecture/6 Hours Lab)

Content: Team offensive styles of play will be introduced. The nuances involved in more complex offenses such as UCLA's high post, reverse action and shuffle offenses will be presented through lectures, demonstrations, videos and guided practice.

Student Performance Objectives: Demonstrate the skills and movements required to execute these offenses from the guard, forward and center positions.

16 Hours (4 Hours Lecture/12 Hours Lab)

Content: Instruction and practice in advanced individual defensive fundamentals. Lessons will include a review of the proper stance and footwork as well as the incorporation of advanced multi-purpose drills such as the "Big Six" which includes contesting the lead, opening to the ball, fronting the low post, closing out, playing one on one, and blocking out. Review of philosophies, techniques and skills necessary for playing team defense. Introduction and work utilizing 3 on 3 and 4 on 4 shell drills. Students who repeat this course will have the opportunity to work against more complex offenses.

Student Performance Objectives: Demonstrate the proper defensive skills during the six point drill. Demonstrate their skills in practice and game situations.

16 Hours (4 Hours Lecture/12 Hours Lab)

Content: Advanced individual skills for attacking zone defenses will be presented. Review of essential skills in addition to learning to screen the defense, utilizing the screen and dribble penetration to beat the zone. Zone offenses and zone defenses will be covered. Students will employ and attack more difficult zone defenses such as the extended 2-3 and 1-2-2 zones, the 1-3-1, and the 1/2 court trapping zones. Students who repeat the class will become more proficient in attacking any zone defense. They will more readily recognize these various zone defenses and employ the necessary maneuvers to be successful against them.

Student Performance Objectives: Discuss and demonstrate the zone offenses and zone defenses presented in class. Execute their skills in practice and game situations.

8 Hours (2 Hours Lecture/6 Hours Lab)

Content: Presentation on advanced fast break basketball, full court pressure defenses and press breaks such as UCLA's, Cincinnati's and the 11-person break drills. Instruction in full court man and full court zone presses and the press breaks to beat them. Lecture, discussion, video and drills will be utilized. Students who repeat the class will become more proficient in these skills through supervised practice.

Student Performance Objectives: Explain different fast break drills, identify various full court presses and explain the offensive sets to break them. Demonstrate these skills in game-like situations.

2 Hours

### **METHODS OF INSTRUCTION:**

Lecture, demonstration, guided practice, video-analysis and interpretation, group discussions.

### **METHODS OF EVALUATION:**

Writing assignments

Percent of total grade: 10.00 %

Homework

Skill demonstrations

Percent of total grade: 50.00 %

Demonstration

Objective examinations

Percent of total grade: 10.00 %

Multiple Choice, True/False, Matching Items, Completion

Other methods of evaluation

Percent of total grade: 30.00 %

Other: Requires student participation

### **OUT OF CLASS ASSIGNMENTS:**

Required Outside Hours: 2

Assignment Description: Homework: As an out of class assignment, students will develop a list of stretching and conditioning exercises with a list of specific muscle groups that will be utilized.

Required Outside Hours: 8

Assignment Description: Homework: Students will design a series of multi-purpose drills which will incorporate the use and development of these advanced skills and share them with the class. They will produce a tape that shows players executing advanced guard, wing and post moves.

Required Outside Hours: 4

Assignment Description: Homework: Students will diagram each of the offenses showing the pattern and movement of individual players and be ready to describe their work in class.

Required Outside Hours: 8

Assignment Description: Homework: Students will watch a game and chart how many times the skills involved in the six point drill come into play for each individual player. They will also draw the positioning of players as the ball is passed around the perimeter in the 4 on 4 shell drill.

Required Outside Hours: 8

Assignment Description: Homework: As an out of class assignment students will watch two games of a team attacking zones and record as many fundamental zone attack skills as they see. These will be shared with the class. They will also identify the defensive zones and the offenses used to attack them.

Required Outside Hours: 4

Assignment Description: Homework: Students will devise a new full court press and offensive scheme to attack it and explain and demonstrate their ideas during class.

**REPRESENTATIVE TEXTBOOKS:**

No textbook required. Handouts will be provided as needed.

**ARTICULATION and CERTIFICATE INFORMATION**

Associate Degree:

GAV E1, effective 201570

CSU GE:

CSU E, effective 201570

CSU E1, effective 201370

IGETC:

CSU TRANSFER:

Transferable CSU, effective 201570

UC TRANSFER:

Transferable UC, effective 201570

**SUPPLEMENTAL DATA:**

Basic Skills: N

Classification: Y

Noncredit Category: Y

Cooperative Education:

Program Status: 1 Program Applicable

Special Class Status: N

CAN:

CAN Sequence:

CSU Crosswalk Course Department: ATH

CSU Crosswalk Course Number: 14B

Prior to College Level: Y

Non Credit Enhanced Funding: N

Funding Agency Code: Y

In-Service: N

Occupational Course: E

Maximum Hours: 2

Minimum Hours: 2

Course Control Number: CCC000533495

Sports/Physical Education Course: Y

Taxonomy of Program: 083550