

Course Outline

COURSE: APE 637 **DIVISION:** 30 **ALSO LISTED AS:**

TERM EFFECTIVE: Fall 2013 **Inactive Course**

SHORT TITLE: WHEELCHAIR BASKETBALL

LONG TITLE: Wheelchair Basketball

<u>Units</u>	<u>Number of Weeks</u>	<u>Type</u>	<u>Contact Hours/Week</u>	<u>Total Contact Hours</u>
0	18	Lecture:	0	0
		Lab:	1 TO 6	18 TO 108
		Other:	0	0
		Total:	1 TO 6	18 TO 108

COURSE DESCRIPTION:

This course is an adaptive physical education activity designed for wheelchair athletes who are seeking to participate in competitive wheelchair basketball. Fundamentals, strategy and rules of wheelchair basketball will be covered. This is a non credit course.

PREREQUISITES:

COREQUISITES:

CREDIT STATUS: N - Non Credit

GRADING MODES

N - Non Credit

REPEATABILITY: R - Course may be repeated

Maximum of 99 times

SCHEDULE TYPES:

04 - Laboratory/Studio/Activity

STUDENT LEARNING OUTCOMES:

1. The student will demonstrate the skills of shooting, passing and dribbling from a wheelchair.

Measure: Performance

ILO: 7,2

2. The student will demonstrate two different dribbling, passing, and shooting techniques used to advance the ball up the court and score from a wheelchair.

Measure: Demonstration, performance

ILO: 7,2,1

3. The student will explain the proper mechanics for screening, rebounding and the defensive position from a wheelchair.

Measure: Demonstration, oral report, role playing

ILO: 7,1,2,

4. The student will describe the general strategies and rules involved in the game of wheelchair basketball.

Measure: Performance exam, discussion

ILO: 2,7,1

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

Inactive Course: 11/26/2012

4.5-9 Hours

Course description, overview, and methods of evaluation. Discuss the fundamental skills, basic rules, and concepts of the game of wheelchair basketball. Equipment, conditioning and stretching for wheelchair basketball will be discussed. Introduce stretching and warm-up exercises appropriate for wheelchair basketball. Discuss the importance of proper warm-up and lead students in warm-up exercises at the beginning of each class. Students who repeat the class will be provided with opportunities to lead and demonstrate.

SPO: Students will demonstrate the correct methods of stretching and participate in conditioning skills for wheelchair basketball.

4.5-9 Hours

Warm-up and stretching exercises. Explain and demonstrate the different ways of dribbling the ball up the court utilizing each hand. This would include cross-over, stop and go, and reverse spin type of maneuvers. Describe and practice the most common types of passes in wheelchair basketball such as the chest, bounce, hook, two-hand overhead, and baseball pass. Introduce the jump stop and stride stop and the different types of pivots involved in wheelchair basketball, such as the left and right reverse pivots and the right and left front pivots. Provide opportunities for students to practice these skills by incorporating dribbling, stopping, pivoting, and passing skills into one drill.

SPO: At least two types of dribbling, passing, stopping, and pivoting methods will be demonstrated by the student. They will explain when and why these skills would be used.

4.5-9 Hours

Warm-up and stretching exercises. Fundamentals of offensive guard play including the essential fundamentals of dribbling, passing, shooting, rebounding, cutting and faking will be presented. The fundamentals of offensive forward and post play will be discussed, such as creating a lead, one on one from the wing and high post areas, passing, screening, low, mid, and high post moves, rebounding, shooting, and moving without the ball. Lecture, discussion, film, and guided practice will be provided to assist in learning each of these skills. Students who repeat the class will become more proficient in these skills through repetition of the drills in this course. They will become more proficient in executing advanced moves from the forward and post positions.

SPO: Students will explain and then demonstrate basic offensive guard fundamentals. They will also describe and demonstrate fundamental offensive forward and post play.

4.5-9 Hours

Warm-up and stretching exercises. Explain and demonstrate proper blocking out and rebounding techniques. Practice opportunities will be provided, incorporating offensive players vs. the defense. Introduce students to the concepts and theories behind fastbreak basketball. Incorporate the 3 on 1, 3 on 2, and 2 on 1 fastbreak drills into the lessons. This will allow students to practice all the skills learned to date. Introduce students to the various cuts and screens employed in 3 on 3 half court games. Teach defenders the concepts of wheeling through and switching screens on offense. As necessary, discuss the rules of the game. Divide into three player teams and provide opportunities for students to practice these skills.

SPO: The correct blocking out and rebounding techniques will be demonstrated.

Students will participate in various fastbreak drills where they will demonstrate all the skills learned to date. Cuts and screens and how to defend against them will be discussed and demonstrated.

4.5-9 Hours

Warm-up and stretching exercises, and fastbreak drills. Introduce the concepts, strategies, and theories behind playing zone defenses, such as the 2-3, 1-2-2, 1-3-1, and 3-2. Discuss and demonstrate proper positioning and rebounding responsibilities. Divide students into three to five person teams and have both teams play various zone defenses while playing full court. Provide practice opportunities for students to incorporate all the skills learned into half court and full court game play. This may include a variety of tournaments, specifically the annual Wheelchair X Games.

SPO: Students will explain and demonstrate the defensive responsibilities of each defender within the zone. They will participate in game play where they will demonstrate all the skills presented in class.

2 Hours

Students who repeat the class will have the opportunity to improve their technique. Skills or proficiencies are enhanced by supervised repetition and practice within class periods.

METHODS OF INSTRUCTION:

Lecture, demonstration, guided practice, video, and group discussions.

METHODS OF EVALUATION:

CATEGORY 1 - The types of writing assignments required:

Percent range of total grade: 0 % to 0 %

CATEGORY 2 - The problem-solving assignments required:

Percent range of total grade: 0 % to 0 %

CATEGORY 3 - The types of skill demonstrations required:

Percent range of total grade: 100 % to 100 %

Class Performance/s

Performance Exams

CATEGORY 4 - The types of objective examinations used in the course:

Percent range of total grade: 0 % to 0 %

CATEGORY 5 - Any other methods of evaluation:

Percent range of total grade: 0 % to 0 %

REPRESENTATIVE TEXTBOOKS:

ARTICULATION and CERTIFICATE INFORMATION

Associate Degree:

CSU GE:

IGETC:

CSU TRANSFER:

Not Transferable

UC TRANSFER:

Not Transferable

SUPPLEMENTAL DATA:

Basic Skills: N

Classification: L

Noncredit Category: E

Cooperative Education:

Program Status: 2 Stand-alone

Special Class Status: S

CAN:

CAN Sequence:

CSU Crosswalk Course Department:

CSU Crosswalk Course Number:

Prior to College Level: Y

Non Credit Enhanced Funding: N

Funding Agency Code: Y

In-Service: N

Occupational Course: E

Maximum Hours:

Minimum Hours:

Course Control Number: CCC000513867

Sports/Physical Education Course: Y

Taxonomy of Program: 083580