

Course Outline

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

TERM EFFECTIVE: Spring 2021 **CURRICULUM APPROVAL DATE:** 03/09/2021

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:

Basic theory, strategy, technique, practice, and conditioning involved in basketball to prepare the individual student in all aspects of playing and coaching the sport. May be repeated once for credit. This course has the option of a letter grade or pass/no pass.

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
- 047 - Laboratory - LEH 0.7
- 05 - Hybrid
- 71 - Dist. Ed Internet Simultaneous
- 737 - Dist. Ed Internet LAB-LEH 0.7

STUDENT LEARNING OUTCOMES:

1. Demonstrate the skills of shooting, passing and dribbling and explain and demonstrate the proper mechanics for screening and rebounding.

Measure of assessment: demonstration, discussion, oral and written quiz

Year assessed, or planned year of assessment: 2016

Semester: Fall

2. Recognize basic offensive and defensive situations common to basketball and react accordingly.

Measure of assessment: demonstration, discussion, oral and written quiz, role playing

Year assessed, or planned year of assessment: 2016

Semester: Fall

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

Curriculum Approval Date: 03/09/2021

DE MODIFICATION ONLY

4 Hours (1 Hour Lecture/3 Hours Lab)

Content: Introduction and discussion of course syllabus and grading procedures. Equipment, conditioning and stretching for basketball will be discussed. Students who repeat the class will be provided with opportunities to lead and demonstrate.

Student Performance Objectives: Demonstrate the correct methods of stretching. Participate in conditioning drills.

16 Hours (4 Hours Lecture/12 Hours Lab)

Content: 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.

Student Performance Objectives: Explain and then demonstrate basic offensive guard fundamentals. Describe and demonstrate fundamental offensive forward and post play.

8 Hours (2 Hours Lecture/6 Hours Lab)

Content: Team offensive styles of play. Introduction to the very basic offenses such as four and five man passing game. The skills and movements involved in executing both types of offenses from the guard, forward and center positions will be introduced through lecture, demonstration, video and guided practice. Students who repeat the class will be provided leadership roles through peer teaching. They will become more proficient in their skills through repetition.

Student Performance Objectives: Discuss and demonstrate the four and five player passing game. Execute from the guard, forward and center positions the skills required for the passing game.

16 Hours (4 Hours Lecture/12 Hours Lab)

Content: Individual defensive fundamentals including proper stance and footwork. One on one on the ball defense, guard/guard, guard/forward, post, and two on two wing/post defense will be discussed and performed in small group and team situations. Presentation on team defensive fundamentals against special situations. Philosophies and techniques of playing team defense will be explained. Defending the guard, forward, dribble rotation, short 17, high post scissors, forward clear, screen and rolls, and the dribble rub will be practiced. Students who repeat this course will have the opportunity to practice their individual and team defensive skills against more advanced and complex offenses.

Student Performance Objectives: Discuss and demonstrate individual defensive skills including the proper stance and footwork. Demonstrate sound team defensive fundamentals in practice and game-like situations.

16 Hours (4 Hours Lecture/12 Hours Lab)

Content: Zone offensive techniques such as moving the ball, moving players, stepping into the gaps, and relocating. Sequential drills and watching film will be utilized. Presentation on zone offenses and zone defenses, including playing and attacking the 2-3 and 1-2-2. Students will set-up in and attack two guard and one guard zone defenses. Information will be provided through lecture, demonstration, watching film and guided practice. Students who repeat the course will become more proficient in these basic skills and will be exposed to advanced methods for attacking zone defenses.

Student Performance Objectives: Demonstrate the offensive skills required to break down a zone defense. Execute a 2-3 and 1-2-2 zone offense and zone defense.

8 Hours (2 Hours Lecture/6 Hours Lab)

Content: Rules of the game. Lecture and discussion on the basic rules involved in basketball. Inter-class play and semester review. Students who repeat the class will demonstrate their knowledge of the rules by officiating scrimmages. They will become more proficient in executing their skills during game play through repetition.

Student Performance Objectives: Officiate a scrimmage and make the correct calls depending on the infraction. Demonstrate all the skills learned throughout the class during game play.

2 Hours

METHODS OF INSTRUCTION:

Lecture, demonstration, guided practice, video-analysis and interpretation, and 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: Students will design a flexibility and conditioning program specific to the position they play.

Required Outside Hours: 8

Assignment Description: Homework: An out of class assignment will be watching a video of basketball players performing the skills required for guard play and writing a description of the techniques observed. Forward and post play will also be observed and recorded.

Required Outside Hours: 4

Assignment Description: Homework: Students will diagram each of the offenses, showing the patterns and movements for each player.

Required Outside Hours: 8

Assignment Description: Homework: Students will gather photos of players which show the proper defensive stance and position both on the ball and in team situations and explain these techniques. They will create an outline of their personal responsibilities in the team defensive scheme.

Required Outside Hours: 8

Assignment Description: Homework: As an out of class assignment students will watch two games of teams attacking zones and write down as many fundamental zone attack skills as they see. This will then be discussed in class.

Required Outside Hours: 4

Assignment Description: Homework: Students will read two case studies in the NCAA Basketball Rules Book. They will analyze and interpret the ruling and explain when the ruling might come into play. They will watch a game and write a critique of the officiating.

REPRESENTATIVE TEXTBOOKS:

No textbook required. Handouts will be provided as needed.

ARTICULATION and CERTIFICATE INFORMATION

Associate Degree:

GAV E1, effective 201370

CSU GE:

CSU E, effective 201570

CSU E1, effective 201370

IGETC:

CSU TRANSFER:

Transferable CSU, effective 201770

UC TRANSFER:

Transferable UC, effective 201770

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: 14A

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: CCC000533502

Sports/Physical Education Course: Y

Taxonomy of Program: 083550