GAVILAN COLLEGE
5055 Santa Teresa Blvd
Gilroy, CA 95023

Course Outline

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

TERM EFFECTIVE: Fall 2023 CURRICULUM APPROVAL DATE: 10/10/2023

SHORT TITLE: FUNDAMENTALS OF BASKETBALL

LONG TITLE: Fundamentals of Basketball

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

Out of Class Hrs:	36.00
Total Learning Hrs:	108.00

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.

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
72 - Dist. Ed Internet Delayed
73 - Dist. Ed Internet Delayed LAB
737 - Dist. Ed Internet LAB-LEH 0.7

STUDENT LEARNING OUTCOMES:

By the end of this course, a student should:

1. Demonstrate the skills of shooting, passing and dribbling and explain and demonstrate the proper mechanics for screening and rebounding.
2. Recognize basic offensive and defensive situations common to basketball and react accordingly.

COURSE OBJECTIVES:

By the end of this course, a student should:

1. Demonstrate understanding of mental well-being, how it affects focus and energy, and identify which tools are more beneficial to their mental well-being on and off the court.
2. Officiate a scrimmage and make the correct calls depending on the infraction. Demonstrate all the skills learned throughout the class during game play.
3. Demonstrate the offensive skills required to break down a zone defense. Execute a 2-3 and 1-2-2 zone offense and zone defense.
4. Discuss and demonstrate individual defensive skills including the proper stance and footwork. Demonstrate sound team defensive fundamentals in practice and game-like situations.
5. 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.
6. Explain and then demonstrate basic offensive guard fundamentals. Describe and demonstrate fundamental offensive forward and post play.
7. Demonstrate the correct methods of stretching. Participate in conditioning drills.

COURSE CONTENT:

Curriculum Approval Date: 10/10/2023

LECTURE CONTENT:

1 Hours

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.

3 Hours Lecture

Content: Discussion, lecture and film on mental well-being and mental strength of students as it pertains to athletics. Students will learn different tools they can use daily to develop and maintain their mental well-being.

2 Hours Lecture

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.

2 Hours Lecture

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.

2 Hours Lecture

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.

4 Hours Lecture

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, and watching film. Students who repeat the course will become more proficient in these basic skills and will be exposed to advanced methods for attacking zone defenses.

2 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.

2 Hours

Final Examination

COURSE CONTENT:

LAB CONTENT:

3 Hours - Introduction to conditioning and stretching. Students can lead and demonstrate proper form for each.

4 Hours guided practice of mental skills training.

9 Hours - Guided practice of 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. 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.

6 Hours - Demonstration and guided practice of team offensive styles of play. Introduction and application 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 demonstrated and practiced. Students who repeat the class will be provided leadership roles through peer teaching. They will become more proficient in their skills through repetition.

12 Hours - 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. Application of team defensive fundamentals against special situations. 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.

12 Hours - Demonstration and Guided practice of 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. Students who repeat the course will become more proficient in these basic skills and will be exposed to advanced methods for attacking zone defenses.

6 Hours - Rules of the game. 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.

2 Hours - Final Exam.

METHODS OF INSTRUCTION:

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

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 10

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.

METHODS OF EVALUATION:
Writing assignments
Evaluation Percent 10
Evaluation Description
Homework

Skill demonstrations
Evaluation Percent 50
Evaluation Description
Demonstration

Objective examinations
Evaluation Percent 10
Evaluation Description
Multiple Choice,
True/False,
Matching Items,
Completion

Other methods of evaluation
Evaluation Percent 30
Evaluation Description
Other: Requires student participation.

REPRESENTATIVE TEXTBOOKS:
No textbook required. Handouts will be provided as needed.

ARTICULATION and CERTIFICATE INFORMATION

GAV GE:

GAV E
GAV Area 7

CSU GE:

CSU E

CSU TRANSFER:

Transferable CSU

UC TRANSFER:

Transferable UC

SUPPLEMENTAL DATA:

Basic Skills: N
Classification: Y
Noncredit Category: Y
Cooperative Education:
Program Status: 2 Stand-alone
Special Class Status: N
Prior to College Level: Y
Non Credit Enhanced Funding: N
Funding Agency Code: Y
In-Service: N
Occupational Course: E
Course Control Number: CCC000533502
Sports/Physical Education Course: Y
Taxonomy of Program: 083550
CIP: