GAVILAN COLLEGE
5055 Santa Teresa Blvd
Gilroy, CA 95023

Course Outline

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

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:

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.

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 basic fundamentals of guard, forward and post play.
2. Explain the key concepts in attacking complex zone defenses.
3. Describe the various types of full court press defenses and the methods used for breaking them.

COURSE OBJECTIVES:

By the end of this course, a student should:

1. 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. Discuss and demonstrate the zone offenses and zone defenses presented in class. Execute their skills in practice and game situations.
3. Demonstrate the proper defensive skills during the six point drill. Demonstrate their skills in practice and game situations.
4. Demonstrate the skills and movements required to execute complex offenses from the guard, forward and center positions.
5. Demonstrate and describe a variety of advanced offensive skills utilized by the guard, forward and post.
6. Demonstrate advanced stretching and conditioning activities specific to basketball.
7. Students will continue to demonstrate understanding of mental well-being, how it affects focus and energy, and demonstrate how the tools they use are beneficial to their mental well-being on and off the court.

COURSE CONTENT:

Curriculum Approval Date: 10/10/2023

LECTURE CONTENT:

1 Hour Lecture

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.

3 Hours Lecture

Content: Discussion and lecture on Mental skills training.

2 Hours Lecture

Content: Lecture and discussion on 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, and video.

2 Hours Lecture

Content: Advanced 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, and videos.

2 Hours Lecture

Content: Instruction and discussion of 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.

4 Hours Lecture

Content: Advanced individual skills for attacking zone defenses will be presented through lecture and video. 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 more readily recognize these various zone defenses and discuss the necessary maneuvers to be successful against them.

2 Hours Lecture

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, and video will be utilized. Students who repeat the class will become more proficient in these skills through supervised practice.

2 Hours

Final Examination

COURSE CONTENT(CONTINUED):

LAB CONTENT:

3 Hours - Review of conditioning and stretching. Students will be introduced to advanced conditioning and stretching methods for the sport of basketball. Students will lead and demonstrate these techniques.

4 Hours - Mental skills training guided practice.

9 Hours - Demonstration and guided practice of advanced offensive guard play, including detailed 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. Students who repeat this class will become more proficient in these skills through supervised repetition of the drills.

6 Hours- Guided practice of complex team offensive styles of play such as high post, reverse action and shuffle offense.

12 Hours- Practice in advanced individual defensive fundamentals. Demonstration 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 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.

12 Hours - Advanced individual skills for attacking zone defenses will be demonstrated through guided practice. 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 demonstrated through guided practice. 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.

6 Hours- Drills and guided practice of advanced fast break basketball, full court pressure defenses and press breaks such as UCLA's, Cincinnati's and the 11-person break drills. Guided practice of full court man and full court zone presses and the press breaks to beat them. Students who repeat the class will become more proficient in these skills through supervised practice.

2 Hours

Final Examination

METHODS OF INSTRUCTION:

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

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 10

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.

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: CCC000533495
Sports/Physical Education Course: Y
Taxonomy of Program: 083550
CIP: