

Course Outline

COURSE: ATH 27 DIVISION: 40 ALSO LISTED AS: KIN 27 & PE 27

TERM EFFECTIVE: Fall 2023 CURRICULUM APPROVAL DATE: 12/12/2023

SHORT TITLE: BASKETBALL

LONG TITLE: Basketball

<u>Units</u>	<u>Number of Weeks</u>	<u>Type</u>	<u>Contact Hours/Week</u>	<u>Total Contact Hours</u>
.5 OR 1	18	Lecture:	0	0
		Lab:	1.5 OR 3	27 OR 54
		Other:	0	0
		Total:	1.5 OR 3	27 OR 54

Out of Class Hrs: 00.00
 Total Learning Hrs: 27.00 TO 54.00

COURSE DESCRIPTION:

This is a sport specific course designed for our student-athletes. Fundamentals, strategy and rules of the game of basketball are included. May be repeated three times 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 3 times

SCHEDULE TYPES:

- 04 - Laboratory/Studio/Activity
- 04A - Laboratory - LEH 0.65
- 05 - Hybrid
- 73 - Dist. Ed Internet Delayed LAB
- 73A - Dist. Ed Internet LAB-LEH 0.65

STUDENT LEARNING OUTCOMES:

By the end of this course, a student should:

1. Demonstrate two different dribbling, passing, and shooting techniques and explain the difference between a player to player and a zone defense.
2. Describe the general strategies and rules involved in the game of basketball.

COURSE OBJECTIVES:

By the end of this course, a student should:

1. Demonstrate both a right handed and a left handed lay-up, set shot and a jump shot.
2. Demonstrate two different offensive moves from the wing, baseline, and top of the key.
3. Describe, demonstrate and explain the rules that govern the pick and roll and setting a screen.
4. Demonstrate the correct blocking out and rebounding techniques.

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

Curriculum Approval Date: 12/12/2023

4.5 - 9 Hours

Content: Course description, overview, and methods of evaluation. Discuss the fundamental skills, basic rules, and concepts of the game of basketball. Introduce stretching and warm-up exercises appropriate for basketball. Discuss the importance of proper

warm-up and lead students in warm-up running and stretching exercises at the beginning of each class.

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 types of maneuvers. Describe and practice the most common types of passes in 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 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.

4.5 - 9 Hours

Content: Warm-up running and stretching exercises. Introduce the proper shooting technique, starting with the footwork and ending with the correct follow-through. Practice the right and left-handed lay-up, the reverse lay-up, the bank shot, the set shot, and the jump shot. Incorporate fun shooting games like "21", "Around-the-World", "Knockout", and "HORSE" to practice shooting techniques. Utilize multi-purpose drills such as the three-person weave, 3 on 2, and 2 on 1, which will allow students to develop their dribbling, passing, and shooting skills. Introduce the concepts of player to player defense. As appropriate, discuss the rules of the game.

4 - 9 Hours

Content: Warm-up running and stretching exercises. Explain, demonstrate, and allow students to practice low post moves such as the power drop step move to the baseline and the center of the key and jump shots and hooks off these moves. The up and under low post move from both sides of the key can also be included. Introduce 1 on 1 offensive moves from the wing, baseline, and top of the key positions. Opportunities to practice these moves against a defender will be provided. Teach screening and introduce the pick and roll in 2 on 2 play. Discuss the rules of the game as they apply to screening and picks and rolls. Skill tests on dribbling, passing, and shooting.

6 - 12 Hours

Content: Warm-up running 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 fast break basketball. Incorporate the 3 on 1, 3 on 2, and 2 on 1 fast break 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 sliding through and fighting over the top of screens and switching offensive players when a very good screen is set. As necessary, discuss the rules of the game. Divide into three player teams and provide opportunities for students to practice these skills.

6 - 13 Hours

Content: Warm-up running, 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 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.

2 Hours

Final Exam.

METHODS OF INSTRUCTION:

Lecture, demonstration, video, and guided practice.

METHODS OF EVALUATION:

Skill demonstrations

Evaluation Percent 50

Evaluation Description

40% - 70% Demonstration

Objective examinations

Evaluation Percent 20

Evaluation Description

10% - 20%

Multiple Choice,

True/False,

Matching Items,

Completion

Other methods of evaluation

Evaluation Percent 30

Evaluation Description

30% - 50% Other: Requires student participation.

REPRESENTATIVE TEXTBOOKS:

No textbook required.

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:

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: CCC000533731

Sports/Physical Education Course: Y

Taxonomy of Program: 083550