



5055 Santa Teresa Blvd
Gilroy, CA 95023

Course Outline

COURSE: KIN 127A **DIVISION:** 40 **ALSO LISTED AS:**

TERM EFFECTIVE: Summer 2025

CURRICULUM APPROVAL DATE: 06/10/2025

SHORT TITLE: BASKETBALL - BEGINNING

LONG TITLE: Basketball - Beginning

<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 OR 54.00

COURSE DESCRIPTION:

Coeducational activity designed for beginning basketball students. Includes the basic skills and rules. This course has the option of a letter grade or pass/no pass. Courses should be taken in sequential order.

CREDIT STATUS: D - Credit - Degree Applicable

GRADING MODES

L - Standard Letter Grade

P - Pass/No Pass

REPEATABILITY: N - Course may not be repeated

SCHEDULE TYPES:

04 - Laboratory/Studio/Activity

04A - Laboratory - LEH 0.65

73A - Dist. Ed Internet LAB-LEH 0.65

STUDENT LEARNING OUTCOMES:

By the end of this course, a student should:

1. Perform two different dribbling, passing, shooting, stopping and pivoting techniques.
2. Utilize and explain the correct on-ball defensive stance.
3. Explain and practice the rules of basketball.

COURSE OBJECTIVES:

By the end of this course, a student should:

1. Perform jump stops and stride stops as well as different types of pivots.
2. Demonstrate the correct techniques for the basketball skills performed.
3. Explain the rules related to guarding a person.
4. Explain the rules related to the dribble, pass and pivot.
5. Demonstrate the proper techniques for shooting free throws and explain the rules related to them.
6. Utilize the correct skill techniques when performing the dribble, pass, shot and defensive stance.
7. Discuss and apply the rules related to game play.
8. Demonstrate the basic on-ball defensive position.
9. Demonstrate the cross-over and hesitation dribbles; the bounce, chest and two-hand overhand pass; the jump and stride stop; and the reverse and front pivots.
10. Demonstrate the right and left-handed lay-up, the set shot and the jump shot.

COURSE CONTENT:

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5 - 9 Hours Content: Course overview, including learning outcomes, class requirements and grading. Introduce stretching and warm-up exercises appropriate for basketball. Discuss the importance of a proper warm-up and lead students in warm-up running and stretching exercises at the beginning of each class. Presentation on dribbling the basketball up the court utilizing both the dominate and non dominate hand. This would include the cross-over and hesitation dribbles. Incorporate the most common types of passes in basketball such as the bounce pass, chest pass and two-hand overhand 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. Explain the rules related to the dribble, the pass and to the pivot. Provide opportunities for students to practice these skills by using full court ball handling drills, partner pass, lateral slide pass and three player weave.

4 - 9 Hours Content: Warm-up running and stretching exercises. Review the various dribbles, passes, stops and pivots presented to date. Introduce the proper shooting techniques, starting with the footwork and ending with the correct follow

through. Practice the right and left handed lay-up, the set shot, the jump shot and shooting free throws. Discuss the rules related to the free throw. Utilize the two line shooting drill and Mican drill to practice lay-ups. Incorporate fun shooting games like "21", "Around-the-World", "Knockout" and "HORSE" to practice shooting techniques. Continue to work on skill building by providing

opportunities for students to practice their dribbling, stopping, pivoting, passing and shooting skills by incorporating them into various drills.

4 - 10 Hours Content: Warm-up running and stretching exercises. Review the correct shooting techniques for the lay-up, set

shot and jump shot. Practice free throw shooting. Introduce the basic on-ball defense, including the rules related to guarding someone. Continue practicing all skills learned to date.

6 - 12 Hours

Content: Warm-up running and stretching exercises. Review and practice the basic on-ball defensive positioning.

Presentation on the other rules related to playing a basketball game. Continue working on all skills learned to date in a variety of game-like activities; such as 2 on 2 and 3 on 3.

6 - 12 Hours

Content: Warm-up running and stretching exercises. Continue to work on skill building by practicing the basic basketball skills - dribbling, passing, shooting,

stopping, pivoting and the defensive stance - in a variety of drill and game-like activities. Practice the correct rules during all class activities. Skill testing.

Final 2 hours

METHODS OF INSTRUCTION:

guided practice, demonstration, discussion

METHODS OF EVALUATION:

Skill demonstrations

Evaluation Percent 30

Evaluation Description

Performance Exams

Objective examinations

Evaluation Percent 10

Evaluation Description

Multiple Choice

True/False

Matching Items

Completion

short answer

Other methods of evaluation

Evaluation Percent 60

Evaluation Description

Class participation.

REPRESENTATIVE TEXTBOOKS:

No textbook required.

ARTICULATION and CERTIFICATE INFORMATION

CSU TRANSFER:

Transferable CSU

UC TRANSFER:

Transferable UC

SUPPLEMENTAL DATA:

Basic Skills: N

Classification: Y

Noncredit Category: Y

Cooperative Education:

Program Status: 1 Program Applicable

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: CCC000568971

Sports/Physical Education Course: Y

Taxonomy of Program: 127000