

### Course Outline

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

**TERM EFFECTIVE:** Spring 2016                      **CURRICULUM APPROVAL DATE:** 10/12/2015

**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
		Total Learning Hrs:	27 OR 54	

**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.

**PREREQUISITES:**

**COREQUISITES:**

**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:**

1. Perform two different dribbling, passing, shooting, stopping and pivoting techniques.

Measure: demonstration

PLO: 4

ILO: 7,2

GE-LO: E1

Anticipated Year of Assessment: 2015-16

2. Utilize and explain the correct on-ball defensive stance.

Measure: demonstration, discussion, quiz

PLO: 4,7

ILO: 7,2,1,4

GE-LO: E1,A1,A2

Anticipated Year of Assessment: 2015-16

3. Explain and practice the rules of basketball.

Measure: written exam, oral quiz, demonstration

PLO: 7

ILO: 2,7,1

GE-LO: A1,A2

Anticipated Year of Assessment: 2015-16

**PROGRAM LEARNING OUTCOMES:**

After completing the Kinesiology major a student will be able to:

1. List and describe five career options available in the field of kinesiology.
2. Describe and critically analyze the role of physical activity and its impact on health, society and quality of life.
3. Discuss the history and broad content within the discipline of kinesiology and develop skills to enable the synthesis of concepts across disciplines.
4. Identify critical elements of motor skill performance, combine motor skills into appropriate sequences for the purpose of improving skill learning, and demonstrate competent motor skill performance in a variety of physical activities.
5. Identify the skeletal and muscular structures of the human body.
6. Utilize measurement concepts (qualitative and quantitative) to assess student/client performance and program effectiveness.
7. Describe and demonstrate effective verbal and nonverbal communication skills.

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

Curriculum Approval Date: 10/12/2015

4.5 - 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 nondominate 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.

Student Performance Objectives (SPO): 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. Explain the rules related to the dribble, pass and pivot.

Out-of-Class Assignments:

4.5 - 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.

Student Performance Objectives (SPO): Demonstrate the right and left handed lay-up, the set shot and the jump shot. Demonstrate the proper techniques for shooting free throws and explain the rules related to them. Utilize one's shooting, passing and dribbling skills during class activities.

Out-of-Class Assignments:

4.5 - 9 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.

Student Performance Objectives (SPO): Demonstrate the basic on-ball defensive position. Explain the rules related to guarding a person. Participate in class activities utilizing the correct techniques for dribbling, passing and shooting.

Out-of-Class Assignments:

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.

Student Performance Objectives (SPO): Participate in class activities. Discuss and apply the rules related to game play. Demonstrate the correct techniques for the basketball skills performed.

Out-of-Class Assignments:

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.

Student Performance Objectives (SPO): Utilize the correct skill techniques when performing the dribble, pass, shot and defensive stance. Perform jump stops and stride stops as well as different types of pivots. Apply the rules during class play. Participate in class activities, including skill testing.

#### **METHODS OF INSTRUCTION:**

guided practice, demonstration, discussion

**METHODS OF EVALUATION:**

Category 1 - The types of writing assignments required:

Percent range of total grade:    % to    %

If this is a degree applicable course, but substantial writing assignments are NOT appropriate, indicate reason

Course primarily involves skill demonstration or problem solving

Category 2 - The problem-solving assignments required:

Percent range of total grade:    % to    %

Category 3 - The types of skill demonstrations required:

Percent range of total grade: 35 % to 60 %

Performance Exams

Category 4 - The types of objective examinations used in the course:

Percent range of total grade: 10 % to 20 %

Multiple Choice

True/False

Matching Items

Completion

Other: short answer

Category 5 - Any other methods of evaluation:

**REPRESENTATIVE TEXTBOOKS:**

No textbook required.

**ARTICULATION and CERTIFICATE INFORMATION**

Associate Degree:

GAV E1, effective 201670

CSU GE:

IGETC:

CSU TRANSFER:

Transferable CSU, effective 201670

UC TRANSFER:

Transferable UC, effective 201670

**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: KIN

CSU Crosswalk Course Number: 127A

Prior to College Level: Y

Non Credit Enhanced Funding: N

Funding Agency Code: Y

In-Service: N

Occupational Course: E

Maximum Hours: 1

Minimum Hours: .5

Course Control Number: CCC000568971

Sports/Physical Education Course: Y

Taxonomy of Program: 127000