

**Course Outline**

**COURSE:** PE 14A                      **DIVISION:** 40                      **ALSO LISTED AS:** KIN 14A

**TERM EFFECTIVE:** Fall 2011                      **Inactive Course**

**SHORT TITLE:** FUND BASKETBALL

**LONG TITLE:** Fundamentals of Basketball

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

**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. This course is now listed as Kinesiology 14A, effective Fall 2011.

**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 1 times

**SCHEDULE TYPES:**

02 - Lecture and/or discussion

03 - Lecture/Laboratory

04 - Laboratory/Studio/Activity

**STUDENT LEARNING OUTCOMES:**

1. The student will demonstrate the skills of shooting, passing and dribbling.

ILO: 7, 2

Measure: performance

2. The student will explain the proper mechanics for screening, rebounding and the defensive stance.

ILO: 7, 1, 2, 4

Measure: demonstration, oral report, role playing, exam

3. The student will recognize basic offensive and defensive situations common to basketball and react accordingly.

ILO: 7, 2

Measure: demonstration, written exam

999999

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

Inactive Course: 11/08/2010

This course is now listed as Kinesiology 14A, effective Fall 2011.

Curriculum Approval Date: 04/14/2008

4 Hours

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.

HW: Students will design a flexibility and conditioning program specific to the position they play.

SPO: Students will demonstrate the correct methods of stretching and participate in conditioning drills.

16 Hours

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.

HW: 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.

SPO: Students will explain and then demonstrate basic offensive guard fundamentals. They will also describe and demonstrate fundamental offensive forward and post play.

8 Hours

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.

HW: Students will diagram each of the offenses, showing the patterns and movements for each player.

SPO: Students will discuss and perform the four and five player passing game. They will execute from the guard, forward and center positions the skills required for the passing game.

## 16 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. 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.

HW: 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.

SPO: Students will discuss and perform individual defensive skills including the proper stance and footwork. They will demonstrate sound team defensive fundamentals in practice and game-like situations.

## 16 Hours

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

HW: 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.

SPO: Students will demonstrate the offensive skills required to break down a zone defense. They will execute a 2-3 and 1-2-2 zone offense and zone defense.

## 8 Hours

Rules of the game. Lecture and discussion on the basic rules involved in basketball. Interclass 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.

HW: 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.

SPO: Students will officiate a scrimmage and make the correct calls depending on the infraction. They will demonstrate all the skills learned throughout the class during game play.

## 2 Hours

Final Examination

### **METHODS OF INSTRUCTION:**

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

### **METHODS OF EVALUATION:**

The types of writing assignments required:

Written homework

The problem-solving assignments required:

None

The types of skill demonstrations required:

Performance exams

The types of objective examinations used in the course:

Multiple choice

True/false

Matching items

Completion

Other category:

Other: Requires student participation

The basis for assigning students grades in the course:

Writing assignments: 15% - 20%

Problem-solving demonstrations: 0% - 0%

Skill demonstrations: 30% - 50%

Objective examinations: 15% - 20%

Other methods of evaluation: 20% - 40%

### **REPRESENTATIVE TEXTBOOKS:**

### **ARTICULATION and CERTIFICATE INFORMATION**

Associate Degree:

GAV E1, effective 200270

CSU GE:

IGETC:

CSU TRANSFER:

Transferable CSU, effective 200270

UC TRANSFER:

Transferable UC, effective 200270

### **SUPPLEMENTAL DATA:**

Basic Skills: N

Classification: A

Noncredit Category: Y

Cooperative Education:

Program Status: 1 Program Applicable

Special Class Status: N

CAN:

CAN Sequence:

CSU Crosswalk Course Department: PE

CSU Crosswalk Course Number: 14A

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: CCC000139626

Sports/Physical Education Course: Y

Taxonomy of Program: 083500