



## CREDIT COURSE OUTLINE

### I. COVER PAGE

(1) PE 5 \_\_\_\_\_ (2) BASKETBALL \_\_\_\_\_ (3) 1 \_\_\_\_\_  
 Number Title Units

(4) Lecture / Lab Hours:			(8) Classification:		
Total Course Hours					
	Total Lec hours:	0	Degree applicable:		X
	Total Lab hours:	2.00	Non-degree applicable:		
	Total Contact hours:	36.00	Basic skills:		
Lec will generate <u>0</u> hour(s) outside work.			(9) RC Fulfills AS/AA degree requirement: (area)		
Lab will generate <u>0</u> hour(s) outside work.			Physical Education		
			General education category:		
			Major: PHYSICAL EDUCATION		
(5) Grading Basis:	Grading Scale Only		Certificate of:		
	Pass/No Pass option	X	Certificate in: COACHING		
	Pass/No Pass only				
(6) Advisories:			(10) CSU Baccalaureate: X		
Eligibility for English 125 and			(11) Repeatable: (A course may be repeated three times)		
Eligibility for English 126			3		
(7) Pre-requisites (requires C grade or better):					
Corequisites:					

(12) Catalog Description:  
 A course in basketball fundamentals, techniques, and strategies, including 1-on-1, 3-on-3, and 5-on-5 basketball.

### II. COURSE OUTCOMES:

*(Specify the learning skills the student demonstrates through completing the course and link critical thinking skills to specific course content and objectives.)*

Upon completion of this course, students will be able to:

- A. Integrate basketball into a habitual, life-long physical activity.
- B. Apply the basic rules and terminology utilized of basketball.
- C. Differentiate between proper and improper technique of shooting a basketball correctly.
- D. Employ effective offensive strategy when participating in 1-on-1, 3-on-3, 5-on-5.
- E. Select and apply various defenses played in the game of basketball.

### III. COURSE OBJECTIVES:

*(Specify major objectives in terms of the observable knowledge and/or skills to be attained.)*

In the process of completing this course, students will:

- A. Perform the correct fundamental skill of shooting the basketball.
- B. Learn the rules of basketball.
- C. Practice various 1-on-1 and 3-on-3 moves.
- D. Understand and utilize various offensive concepts used in basketball.

- E. Understand various defensive strategies used in the game of basketball.

#### IV. COURSE OUTLINE:

##### Lab Content:

- A. Skills Development
1. Shooting
    - a. Demonstration and Practice
    - b. Footwork and hand placement and movement
    - c. Lay-ups and Mikan Drill
  2. Footwork
    - a. stride stops and jump stops (2-foot stops)
  3. One-on-one offense
    - a. Lift and go; lift and cross; rocker
    - b. Dribbling: crossover, hesitation, in and out, behind back
  4. Three-on-three offense
    - a. Getting open (creating leads)
    - b. Backdoor cuts, "L" cuts, "V" cuts, shallow cuts
    - c. Cutting; "Give and go"
    - d. Screening and Slipping Screens
    - e. Posting
    - f. Passing
  5. Two-on-two
    - a. Pick and roll
  6. Five-on-five offense
    - a. Concepts
  7. Defense
    - a. Concepts; man, zone, press
    - b. On ball defense
    - c. Help defense and rotation
  8. Rebounding
    - a. Demonstration and Technique
  9. Tournament Play

#### V. APPROPRIATE READINGS

*Reading assignments may include but are not limited to the following:*

- A. Sample Text Title:
1. Recommended - Oliver *Basketball Fundamentals*, Human Kinetics, 2004,
- B. Other Readings
1. Recommended - *Instructor handouts*

- Global or international materials or concepts are appropriately included in this course  
 Multicultural materials and concepts are appropriately included in this course

If either line is checked, write a paragraph indicating specifically how global/international and/or multicultural materials and concepts relate to content outline and/or readings.

The differences in rules in international competition are discussed (in particular the different dimensions used like the trapezoid lane). Also, the differences in styles of play and techniques used in international competition is compared with that of the American game. Another topic of discussion has been the recent trend of international players making an impact on various American professional teams (Yao Ming/China - Houston Rockets; tony Parker/France - San Antonio Spurs), and the game's world wide appeal.

## VI. METHODS TO MEASURE STUDENT ACHIEVEMENT AND DETERMINE GRADES:

Students in this course will be graded in at least one of the following four categories. Please check those appropriate. A degree applicable course must have a minimum of one response in category A, B, or C.

<b>A. Writing</b>	
Check either 1 or 2 below	
	<b>1. Substantial writing assignments are required. Check the appropriate boxes below and provide a written description in the space provided.</b>
X	<b>2. Substantial writing assignments are NOT required. If this box is checked leave this section blank. For degree applicable courses you must complete category B and/or C.</b>
a) essay exam(s)	d) written homework
b) term or other paper(s)	e) reading reports
c) laboratory report(s)	f) other (specify)

*Required assignments may include but are not limited to the following:*

<b>B. Problem Solving</b>			
Computational or non-computational problem-solving demonstrations, including:			
	a) exam(s)		d) laboratory reports
	b) quizzes		e) field work
	c) homework problems		f) other (specify):

*Required assignments may include but are not limited to the following:*

<b>C. Skill demonstrations, including:</b>			
X	a) class performance(s)	X	c) performance exams(s)
	b) field work		d) other (specify)

*Required assignments may include but are not limited to the following:*

1. Free Throw shooting test (pre/post)
2. Shooting technique test
3. Rules and terminology test
4. Offense and defense strategy test
5. Class Tournament
6. Offensive Fundamentals test

<b>D. Objective examinations including:</b>			
X	a) multiple choice	X	d) completion
X	b) true/false	X	e) other (specify):
X	c) matching items		

### COURSE GRADE DETERMINATION:

Description/Explanation: Based on the categories checked in A-D, it is the recommendation of the department that the instructor's grading methods fall within the following departmental guidelines; however, the final method of grading is still at the discretion of the individual instructor. The instructor's syllabus must reflect the criteria by which the student's grade has been determined. (A minimum of five (5) grades must be recorded on the final roster.)

If several methods to measure student achievement are used, indicate here the approximate weight or percentage each has in determining student final grades.

50% Participation 25% Skills Tests 25% Written Tests

## VII. EDUCATIONAL MATERIALS

For degree applicable courses, the adopted texts, as listed in the college bookstore, or instructor-prepared materials have been certified

to contain college-level materials.

Validation Language Level (check where applicable):

College-Level Criteria Met

	YES	NO
Textbook	<u>X</u>	<u>      </u>
Reference materials	<u>      </u>	<u>X</u>
Instructor-prepared materials	<u>X</u>	<u>      </u>
Audio-visual materials	<u>X</u>	<u>      </u>

Indicate Method of evaluation:

Used readability formulae (grade level 10 or higher)	<u>      </u>
Text is used in a college-level course	<u>X</u>
Used grading provided by publisher	<u>      </u>
Other: (please explain; relate to Skills Levels)	<u>      </u>

*Computation Level* (Eligible for MATH 101 level or higher where applicable)

       X

Content

Breadth of ideas covered clearly meets college-level learning objectives of this course	<u>X</u>	<u>      </u>
Presentation of content and/or exercises/projects:		
Requires a variety of problem-solving strategies including inductive and deductive reasoning.	<u>X</u>	<u>      </u>
Requires independent thought and study	<u>X</u>	<u>      </u>
Applies transferring knowledge and skills appropriately and efficiently to new situations or problems.	<u>X</u>	<u>      </u>

List of Reading/Educational Materials

Recommended - Oliver *Basketball Fundamentals*, Human Kinetics, 2004,

Comments:

       This course requires special or additional library materials (list attached).

X This course requires special facilities:  
Baskets and lined courts

Attached Files:

<b>BASIC SKILLS ADVISORIES PAGE</b> The skills listed are those needed for eligibility for English 125, 126, and Math 101. These skills are listed as the outcomes from English 252, 262, and Math 250. In the right hand column, list at least <u>three</u> major basic skills needed at the beginning of the target course and check off the corresponding basic skills listed at the left.	
(eligibility for English 126) (as outcomes for English 262)	Student must be able to read and comprehend instructor handouts and reading materials.
<u>X</u> Using phonetic, structural, contextual, and dictionary skills to attack and understand words.	Students must be able to understand basic terminology commonly used in the sport of basketball.
<u>X</u> Applying word analysis skills to reading in context.	Students must be able to learn from reading assignments, and subsequently apply that knowledge to the overall learning of the sport of basketball.
<u>X</u> Using adequate basic functional vocabulary skills.	
<u>      </u> Using textbook study skills and outlining skills.	
<u>      </u> Using a full range of literal comprehension skills and basic analytical skills such as predicting, inferring, concluding, and evaluating.	

<p>(eligibility for English 125) (as outcomes for English 252)</p> <p><input checked="" type="checkbox"/> Writing complete English sentences and avoiding errors most of the time.</p> <p><input checked="" type="checkbox"/> Using the conventions of English writing: capitalization, punctuation, spelling, etc.</p> <p><input checked="" type="checkbox"/> Using verbs correctly in present, past, future, and present perfect tenses, and using the correct forms of common irregular verbs.</p> <p><input type="checkbox"/> Expanding and developing basic sentence structure with appropriate modification.</p> <p><input type="checkbox"/> Combining sentences using coordination, subordination, and phrases.</p> <p><input type="checkbox"/> Expressing the writer's ideas in short personal papers utilizing the writing process in their development.</p>	<p>Students must be able to complete writing assignments and exams.</p> <p>Students must be able to compare and contrast information as it relates to the sport of basketball.</p> <p>Students must be able to organize short answers regarding basketball, and express them clearly on written assignments and exams.</p>
<p><u>Check the appropriate spaces.</u></p> <p><input type="checkbox"/> Eligibility for Math 101 is advisory for the target course.</p> <p><input checked="" type="checkbox"/> Eligibility for English 126 is advisory for the target course.</p> <p><input checked="" type="checkbox"/> Eligibility for English 125 is advisory for the target course.</p> <p><i><u>If the reviewers determine that an advisory or advisories in Basic Skills are all that are necessary for success in the target course, stop here, provide the required signatures, and forward this form to the department chair, the appropriate associate dean, and the curriculum committee.</u></i></p>	

<b>CONTENT REVIEW</b>
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<b>REQUISITES</b>
No requisites