

Reedley College
PE-31C-58644 Off-Season Conditioning
for Basketball -2023SU Course Syllabus

Course Title: Off Season
 Conditioning for Basketball
Instructor: Jeff Taber
Office: 320A (on RC Campus)
CRN: 58644 TWTH
Phone: (message through CANVAS)
Text: (Handouts)
 Provided by Instructor

Course Number: PE-58644
Office Hours: Email/via Zoom Chat
Email:
 jeffrey.taber@reedleycollege.edu

CATALOG DESCRIPTION:

PREREQUISITE: Students in this course must perform and compete at the intercollegiate level. This course is designed specifically to improve physical fitness appropriate for intercollegiate basketball through resistance training exercises using free/machine weights. The following components of physical fitness will be emphasized: muscular endurance, muscular strength, body composition, flexibility, and cardio-respiratory endurance.
 (A, CSU, UC)

STUDENT LEARNING OUTCOMES (SLOs) FOR THIS COURSE:

The following learning outcomes are from the institution's officially approved course outline.

| STUDENT LEARNING OUTCOMES (SLO): | Expected SLO Performance: |
|--|----------------------------------|
| PE-31C SLO1: Apply proper nutritional choices required to help acquire/maintain a healthy body composition. | 70 |
| PE-31C SLO2: Demonstrate proper lifting techniques related to specific basketball positions. | 70 |
| PE-31C SLO3: Illustrate a basic knowledge of muscle groups and their application in the weight room. | 70 |
| PE-31C SLO4: Recognize the five (5) components of physical fitness and understand how they relate to the development of basketball performance. | 70 |
| PE-31C SLO5: Use proper weight room safety within a team setting. | 70 |

ADDITIONAL COURSE OUTCOMES:

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

- A. Assess, evaluate, analyze and critique one's own personal current conditioning and athletic development levels to be able to integrate positive changes in their competitive basketball skills.
- B. Plan, implement, and practice appropriate conditioning, nutritional activities and skill development that promote improved levels of muscular strength & endurance, cardio-respiratory endurance, flexibility, basketball skills coordination and body composition.
- C. Apply nutritional knowledge to one's own dietary intake and weight management and their influence on wellness and behavior.
- D. Know the relationship between lifestyle, nutrition, exercise and overall wellness as it relates to being a competitive athlete in collegiate basketball.

OBJECTIVES OF THE COURSE:

In the process of completing this course, students will:

- A. describe proper conditioning and weight lifting techniques.
- B. learn about dietary habits and its effect (positive/negative) on body composition.
- C. improve fitness level through exercise.
- D. identify the proper attire such as foot wear for competitive basketball
- E. evaluate personal level of cardiovascular efficiency.
- F. measure target heart rate during exercise sessions.
- G. learn proper weight room etiquette, care of equipment and safety
- H. demonstrate proper partner-spotting procedures.
- I. recognize the mental benefits of fitness, conditioning and skill development.
- J. explain the benefits of participating in lifelong fitness activities.
- K. **Have Fun and Enjoy Yourself!**

1. CLASS PARTICIPATION

Participation in both the fitness areas (either indoors or outdoors) and the class's online environment is very important and is essential for academic and overall physical fitness success. The participation requirements are listed below. Please message me if you have any questions.

- *Those with Smartphones will be required to download a free version of a basketball conditioning app @ <https://basketballblueprint.com> (**Basketball Blue Print**). If you do not have a Smartphone, please let me know immediately so other arrangements may be made.*
- *After receiving your own custom workout handout, you are expected to participate a minimum of **two (2)** times in the class Discussion Forum in Canvas covering topics on warm-up exercises, weight lifting, general fitness, basketball skill development, nutrition, cardiovascular system, hydration, injuries, and cool down exercises. *(1) First, respond to the weekly discussion question, and then (2) read a classmate's comment and respond to their contribution to that week's DQ. Weekly discussion question (DQ) responses should be at least 50 words. Responses to your classmates should be in the range of 25 or more words.*
- *Each week you are expected to participate in a minimum of **three (3)** out of **four (4) conditioning sessions**. Also, list the information in your Basketball Conditioning Journal, especially, if you are completing a session that you did not attend in person.*
- *You are expected to participate in any of the class Zoom informational meetings if scheduled impromptu during Weeks one (1) through six (6).*

2. CLASS REQUIREMENTS

In addition to the activities listed above under Class Participation, Students will complete the following assignments to demonstrate their understanding of the course learning objectives:

- Student athletes must keep a Basketball Conditioning Journal, either in a written log (forms provided), Word, Excel, or Notes on your smart phone, and record the following each day: time of day, conditioning activities, basketball skill activities, any jogging or sprinting time total, how you felt about the workout (pre and post), any pertinent nutrition or hydration notes, and examine the benefits and techniques of stretching correctly before and after conditioning. This will be reviewed **two (2)** times, at **Week three (3)** and again at **Week six (6)** when the Journals will be turned in at the end of the course.
- Student athletes will use online resources to review and describe the benefits of fitness, conditioning and basketball skill development.
- Student athletes will determine and set their fitness and basketball skill goals and complete the MBB Goals worksheet on Canvas.
- Student athletes will evaluate and complete his/her personal health and fitness level questionnaire on Canvas.
- Student athletes will complete the cardiovascular health and fitness sheet.
- Student athletes will keep a log of their daily diet for ten days and evaluate each day using the nutrition rubric posted on Canvas.
- Student athletes will fashion one healthy meal including nutritional labeling information, which will be added to their nutrition rubric.

3. METHODS OF EVALUATION:

45% - Class Participation

45% - Skill Demonstrations, Strategies and Techniques

10% - Evaluations/Quizzes

Class Participation (130 total points)

- Three (3)** out of **four (4)** weekly fitness sessions with progression (**90 points** – 5 points each/ 15 points for 6 weeks)
- Six (6)** Discussion Questions (DQ) and responses (**30 points** – 5 points each)

Skill Demonstrations, Strategies and Techniques (130 total points)

- Complete different basketball conditioning exercises and document on provided forms. Thus, maintaining a six (**6**) week Basketball Conditioning Journal. (**50 points**)
- Review the course syllabus (**5 points**), the expectation of CORE training (**5 points**) and complete the Basketball Conditioning and Athletic Development Analysis Form. This form includes questions regarding: motivation, endurance, mental attitude, nutrition, performance benefits and techniques of stretching correctly before and after. (**10 points**)
- Complete the “Basketball Skills and Conditioning Goals” worksheet, where you will determine and set your goals for the class. (**5 points**)
- Complete the Evaluation Questionnaire of your current health and fitness level (i.e.: beginner, intermediate, advanced) (**5 points**)
- Complete the Mayo Clinic form, "How fit are you?" (**5 points**)
- Complete the Cardiovascular Endurance Assessment sheet (**5 points**)
- Participate by watching short videos; two (2) on "Ball-handling", (**10 points**), the "Jab-step" (**5 points**), "Plyometric (Quickness) Training for basketball players." (**5 points**) and "Training with Weights for Basketball Players" (**5 points**) located in the course modules. (**Canvas**)
- Complete five (5) different conditioning exercises that you had not previously done before. (**5 points**)
- Create one healthy meal including nutritional labeling information to be entered on a nutrition rubric that you will create and use to keep a log of your daily diet for ten consecutive days. (**10 points**)

Exams/Quizzes (20 total points)

- **Four (4)** quizzes (**20 points**; 5 points each)
- **Two (2)** basketball conditioning and skill evaluations, with demonstrated improvement; the evaluations will take place during two (2) of the six (6) weeks.

4. COURSE MATERIAL:

Students will use online resources to review and describe the benefits of conditioning.

Additional Course Study Guide Web Sites:

- <http://www.nutritionj.com/>
- <http://www.foodproductiondaily.com/news/ng.asp?id=27321-legislation-to-cut>
- <https://www.wikihow.com/Create-a-Personal-Fitness-Plan>
- <https://www.webmd.com/fitness-exercise/guide/exercise-weight-control>
- <https://health.cvs.com/GetContent.aspx?token=f75979d3-9c7c-4b16-af56-3e122a3f19e3&chunkiid=42913>
- <https://www.webmd.com/fitness-exercise/features/how-to-stretch#1>
- <https://www.realbuzz.com/articles-interests/fitness/article/how-to-stretch-correctly-and-improve-your-overall-flexibility/>
- <https://www.bodybuilding.com/content/how-to-stretch-properly-the-dos-and-donts-of-stretching.html>

5. BASKETBALL CONDITIONING EVALUATIONS/ QUIZZES

Throughout the 6 weeks of the course there will be a total of four (**4**) short quizzes worth 5 points each. Quizzes may include *multiple choice, fill in the blank, matching, or short answer questions*. Course material to be covered on the quizzes will be posted on Canvas. There will also be two (**2**) basketball conditioning evaluations, with demonstrated improvement. The evaluations will take place during two (**2**) of the six (**6**) weeks.

Quizzes **cannot be made up!** Each quiz will stay **open for one week**. The scheduled weeks are listed below in the weekly schedule. Quizzes must be taken in one sitting. Please make sure that you allow yourself enough time to start and complete the quiz and use a reliable Internet service so that there is no interruption.

Weekly Schedule / Assignments

| WEEK 1 | June 19th - June 25th | POINTS |
|--|--|------------------------------------|
| Review Course Syllabus. Discuss Off-Season Basketball Conditioning Goals Participation - Discussion Question #1 and Response Basketball Skill Workout Session 1/2/3 CORE Training Daily Dynamic Stretching for Basketball Players Total Weekly Points | Week 1 | 5 5 15 5 5 35 |
| WEEK 2 | June 26th – July 2nd | POINTS |
| Participation - Discussion Question #2 and Response Basketball Skill Workout Session 1/2/3 How Fit Are You? See How You Measure Up- Mayo Clinic Establishing a Fitness Level Complete Basketball Conditioning and Skills Goals worksheet Quiz #1 (Covers Materials from Week 1 & 2) Total Weekly Points | Week 2 | 5 15 5 5 5 5 40 |
| WEEK 3 | July 3rd – July 9th | POINTS |
| Participation - Discussion Question #3 and Response Basketball Skill Workout Session 1/2/3 Complete 5 Different Conditioning Exercises Pre-Workout Warm-up Quiz #2 (Covers Cardiovascular System/Exercises) Proper Training W/ Weights Total Weekly Points | Week 3 | 5 15 5 5 5 5 40 |
| WEEK 4 | July 10th – July 16th | POINTS |
| Participation - Discussion Question #4 and Response Basketball Skill Workout Session 1/2/3 Cardiovascular Endurance Assessment Due Journal Review #1 Plyometric (Quickness) Training for Basketball Players Quiz #3 (Covers Nutrition Materials from Week 4) Total Weekly Points | Week 4 | 5 15 5 25 5 5 60 |

| WEEK 5 | July 17th – July 23rd | POINTS |
|--|--|---------------|
| Participation - Discussion Question #5 and Response | | 5 |
| Basketball Skill Workout Session 1/2/3 | | 15 |
| Complete Basketball Conditioning and Skills Analysis Form | | 5 |
| Ball Handling Drills to Try | Week 5 | 5 |
| More Ball Handling Drills to Try | | 5 |
| Jab Step | | 5 |
| Total Weekly Points | | 40 |
| | | |
| WEEK 6 | July 24th – July 30th | POINTS |
| Participation - Discussion Question #6 and Response | | 5 |
| Basketball Skill Workout Session 1/2/3 | | 15 |
| Complete a Healthy Meal/ 10-day Dietary Journal/Nutrition Rubric | | 10 |
| <i>Quiz #4 (Covers the Different Fitness Exercises)</i> | Week 6 | 5 |
| Reasons Why You Get Beat on Defense Rebounding Drills and Techniques | | 5 |
| Wrap-up & Make-up Conditioning & Skill Sessions | | |
| Final - Completed Basketball Journals Due | | 25 |
| | | |
| Total PE-31C-58644 Summer Session Points | | 280 |

**All Course Work is
Due by July 30th @Midnight**

Grading Scale:

| Percentage % | Points | Grade |
|--------------|--------------|-------|
| 90 or above | 252 or Above | A |
| 80-89 | 224 to 251 | B |
| 70-79 | 196 to 223 | C |
| 65-69 | 180 to 195 | D |
| 64 or Below | <179 | F |

Academic Honesty Policy:

Students are expected to abide by ethical standards in preparing and presenting material which demonstrates their level of knowledge and which is used to determine grades. Such standards are founded on the basic concepts of honesty and integrity. Students who are caught cheating or plagiarizing will be reported to the Reedley College Dean's office.

Accommodation Statement:

If you have a verified need for an academic accommodation or materials in alternate media (i.e. Braille, large print, electronic text, etc) as per the Americans with Disabilities Act (ADA) or Section 504 of the Rehabilitation Act, please contact me as soon as possible.

Drop Policy

You are responsible for dropping yourself from this course before the drop deadline if you can't meet the course expectations. Students who don't participate in the first discussion forum will be dropped. Students who don't turn in any assignments within the first week will also be dropped. Please communicate with me if you are experiencing any hardships that may affect your participation or turning in of assignments.

***The syllabus is subject to change at any time throughout the quarter.**

You will be notified of any changes and they will be posted in bold

Green. ☺