

I. CATALOG DESCRIPTION:

- A. Department Information:
Division: Physical Education, Athletics & Health
Department: N/A
Course ID: PE 283X2
Course Title: Professional Activities: Basketball
Units: 2 Units
Lecture: 1 Hour
Lab: 3 Hours
Prerequisite: None

B. Catalog and Schedule Description:

Designed to prepare individuals to more effectively play and coach the sport of basketball. Instruction in various techniques, rules, regulations, team strategy, and etiquette of the game will be included.

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: Two

III. EXPECTED OUTCOMES FOR STUDENTS:

- A. On successful completion of level one of this course, the student should be able to:
1. Demonstrate an intermediate knowledge of the rules, regulations, and etiquette of the game of basketball
 2. Analyze the role of the coach
 3. Demonstrate beginning level basketball techniques
 4. Demonstrate beginning level knowledge of team strategy
- B. On successful completion of level two of this course, the student should be able to:
1. Demonstrate an advanced knowledge of the rules, regulations, and etiquette of the game of basketball
 2. Design an effective training routine for basketball players
 3. Design a month long practice plan to prepare a team for competition
 4. Demonstrate intermediate level basketball techniques
 5. Demonstrate intermediate level knowledge of team strategy

IV. CONTENT:

- A. Foundations of Basketball
1. History
 2. Governing organizations
- B. Skills acquisition
1. Footwork
 2. Body Control
 3. Rebounding
 4. Defensive Moves
 5. Passing
 6. Dribbling
 7. Shooting
- C. Knowledge of the Game
1. Rules
 2. Regulations
 3. Etiquette
 4. Offensive Strategy
 5. Defensive Strategy
 6. Conditioning

- D. Coaching Requirements
 - 1. Athlete Selection and training
 - 2. Designing Practice Plans
 - 3. Demonstration Strategies
 - 4. Sportsmanship and Ethics

V. METHODS OF INSTRUCTION:

- A. Lecture
- B. Demonstration
- C. Guided practice and drills
- D. Student-directed activities
- E. Guest speakers

VI. TYPICAL ASSIGNMENTS:

- A. Read an article on free throw shooting and discuss with classmates
- B. Lead a class discussion comparing the merits of man-to-man versus zone defense
- C. Design a week-long practice plan to install a basic team offense and defense
- D. Write a paper describing the attributes of a good basketball coach

VII. EVALUATION:

- A. Methods of Evaluation:
 - 1. Methods of evaluation for first semester students
 - a) Skill tests – form analysis of three basic skills
 - b) Written assignments on the various techniques, rules, regulations, team strategy, and etiquette of basketball
 - c) Written final exam
 - 2. Methods of evaluation for second semester students
 - a) Skill tests – form analysis of five basic skills
 - b) Written assignment on the various techniques, rules, regulations, team strategy, and etiquette of basketball
 - c) Written final exam
- B. Frequency of Evaluation:
 - 1. Skills testing every 3-4 weeks
 - 2. Written assignments every 2 weeks
 - 3. Final exam at end of semester
- C. Typical exam questions:
 - 1. Identify the three most important aspects of defensive positioning
 - 2. Describe the key points of emphasis in teaching the jump shot

VIII. TYPICAL TEXT(S):

Krause, Jerry V., Basketball Skills and Drills, Human Kinetics, 1999.
Sporting News, Official NBA Rules Book, Sporting News, 2003.

IX. OTHER SUPPLIES REQUIRED OF STUDENTS:

None.