

**I. CATALOG DESCRIPTION:**

- A. Department Information:  
Division: Physical Education, Athletics & Health  
Department: N/A  
Course ID: PE-T 104X4  
Course Title: Team Sports Activities: Basketball  
Units: 1  
Lecture: None  
Laboratory: 3 Hours  
Prerequisite: None

B. Catalog and Schedule Description:

Instruction in the skills, techniques, strategies, etiquette and rules of basketball at beginning, low intermediate, high intermediate and advanced levels of performance. Students will improve their overall physical fitness and develop carryover skills.

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

**III. EXPECTED OUTCOMES FOR STUDENTS:**

- A. On successful completion of level one of this course, the student should be able to:
1. Demonstrate knowledge of the history of basketball
  2. Define rules of the game
  3. Demonstrate basic skills required to perform—footwork, ball handling, lay-ups
  4. Demonstrate ability to pass and receive basketball
- B. On successful completion of level two of this course, the student should be able to:
1. Demonstrate low intermediate level skills necessary to play the game of basketball
  2. Demonstrate knowledge of low intermediate level footwork—reverse pivot, cross-over
  3. Demonstrate knowledge of proper defensive stance and slide
- C. On successful completion of level three of this course, the student should be able to:
1. Demonstrate high intermediate skills and strategies in 3-on-3 games
  2. Demonstrate various cardiovascular drills—suicides, lines
  3. Design a conditioning program for intermediate level basketball play
  4. Practice and repeat high intermediate level footwork for offense and defense
- D. On successful completion of level four of this course, the student should be able to:
1. Demonstrate advanced skills and strategies in 5-on-5 games
  2. Demonstrate advanced level of cardiovascular fitness
  3. Design a conditioning program for advanced level basketball play
  3. Practice and repeat advanced level footwork for offense and defense

**IV. CONTENT:**

- A. History and philosophy of the game
- B. Conditioning
1. Jumping rope
  2. Wind sprints
  3. Cone drills
  4. Sit-ups
  5. Push-ups
  6. Lateral slides
- D. Footwork
1. Pivots
  2. Reverse pivots
  3. 2 Foot stops

4. Jab step
5. Back peddle
- E. Rebounding
  1. Body position
  2. Arm position
  3. Reaction to the ball
  4. Ball control
- F. Offensive moves
  1. Lift-up fake
  2. Backdoor
  3. Pick and roll
  4. Give and go
- G. Passes
  1. 2 hand chest pass
  2. Bounce pass
  3. Overhead pass
  4. Baseball pass
- H. Dribbling
  1. Inside out
  2. Cross over
  3. Spin dribble
  4. Off-hand dribble
- I. Shooting
  1. Spreading the hand
  2. Locking the wrist
  3. Ball out of palm
  4. Elbow In (L-Form)
  5. Release and follow through
  6. Proper foot spacing
- J. Rules Discussion
  1. 3 Second Rule
  2. Traveling
  3. Double dribble
  4. Fouls
  5. Out of bounds
  6. Back Court
- K. Defense
  1. Zone
  2. Man to Man

**V. METHODS OF INSTRUCTION:**

- A. Demonstrations
- B. Instruction
- C. Observation
- D. Films and videos

**VI. TYPICAL ASSIGNMENTS:**

- A. Complete a 25-question partner graded quiz. Evaluate results with a partner.
- B. Read and critique an article comparing man-to-man and zone defenses
- C. Write a paper discussing the importance of cardiovascular training for successful basketball play

**VII. EVALUATION:**

- A. Methods of Evaluation
  - 1. Methods of evaluation for first semester students
    - a) Skill tests – form analysis in three basic skills
    - b) Written assignments on basic rules and techniques
    - c) Written final examination
  - 2. Methods of evaluation for second semester students
    - a) Skill tests – form analysis in five basic skills
    - b) Written assignments on basic team offense and defense
    - c) Written final exam
  - 3. Methods of evaluation for third semester students
    - a) Skill tests – form analysis in three advanced techniques
    - b) Written assignments on advanced rules and techniques
    - c) Written final exam
  - 4. Methods of evaluation for fourth semester students
    - a) Skill tests – form analysis in five advanced techniques
    - b) Written assignments of advanced team offense and defense
    - c) Written final exam
- B. Frequency of Evaluation:
  - 1. Skills testing and written assignments every 3-4 weeks
  - 2. Final exam at end of semester
- C. Typical exam questions:
  - 1. Identify 5 benefits of man-to-man defense
  - 2. Identify 5 weaknesses of man-to-man defense
  - 3. Describe the passing game offense

**VIII. TYPICAL TEXT(S):** None – this is an activity based course.

**Supplemental Readings**

Krause, Jerry and Pim, Ralph, Coaching Basketball, McGraw Hill, (3<sup>rd</sup> edition), 2002.  
Smith, Dean, Basketball: Multiple Offense and Defense, (Revised Edition), Benjamin Cummings, 1998.

**IX. OTHER SUPPLIES REQUIRED OF STUDENTS:** Tennis shoes, T-shirt, shorts or sweats and socks