

ATHL A235: BASKETBALL TEAM - WOMEN'S

Item	Value
Curriculum Committee Approval Date	12/04/2024
Top Code	083550 - Intercollegiate Athletics
Units	3 Total Units
Hours	162 Total Hours (Lab Hours 162)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	Yes; Repeat Limit 3
Open Entry/Open Exit	No
Grading Policy	Standard Letter (S), • Pass/No Pass (B)
Associate Arts Local General Education (GE)	• Area 7 Life Skills, Lifelong Learning, and Self-Development 7B Activity (OE2)
California State University General Education Breadth (CSU GE-Breadth)	• CSU E2 Activity Course (E2)

Course Description

This course is for students who have successfully auditioned for the OCC Intercollegiate Women's basketball team; eligibility auditions will be held during the first week of class. Students may enroll in this course four times. Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

Course Level Student Learning Outcome(s)

1. Execute proper training techniques needed to improve skills in preparation for successful intercollegiate competition.
2. Demonstrate commitment to excellence, fair play, and personal responsibility through participation in intercollegiate athletics

Course Objectives

- 1. Demonstrate improved physical skills.
- 2. Demonstrate improved mental toughness.
- 3. Demonstrate appropriate sportsmanship and self-control in competition.
- 4. Develop a personal commitment to athletic excellence.
- 5. Participate and compete as a member of a team.
- 6. Demonstrate knowledge of the rules, offensive and defensive strategies, and techniques of basketball.

Lab Content

To improve physically in all aspects of basketball. To improve knowledge of the game of basketball. 1. Evaluate the skills and abilities of each athlete and put them in a position that will best benefit them as an individual and will best help the team. 2. Improve athletic skills in: Offense: a. Shooting b. Ball handling c. Passing d. Moving without the ball Defense: a. On ball defense b. Held side defense c. Defensive rebounding skills 3. Rules of the game 4. Proper on court behavior and conduct 5. Develop the mental skills necessary to compete at this level

Method(s) of Instruction

- Lab (04)

Instructional Techniques

Demonstrations, lectures, video presentations, and evaluations. Practice sessions and game strategy implementation.

Reading Assignments

Students will spend approximately 1 hour a week reading from instructor handouts or self directed readings related to the topic.

Writing Assignments

Written exam over offensive and defensive terminology.

Out-of-class Assignments

Students will spend approximately 5-10 hours a week on continued practice of skills necessary for successful participation at the intercollegiate level of the sport; attendance at athletic competitions.

Demonstration of Critical Thinking

Participation in athletic contests in a successful manner. Demonstration of improved offensive and defensive skills. Written evaluation of practices and teaching techniques.

Required Writing, Problem Solving, Skills Demonstration

Written exam over offensive and defensive terminology.

Eligible Disciplines

Physical education: Master's degree in physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education, OR bachelor's degree in any of the above AND master's degree in any life science, dance, physiology, health education, recreation administration, or physical therapy OR the equivalent. Master's degree required.

Other Resources

1. OCC Women's Basketball Notebook.
2. NCAA Basketball Rules Guide current edition (revised annually)

Lecture Content