

KIN A150: BASKETBALL

| Item | Value |
|------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|
| Curriculum Committee Approval Date | 10/02/2024 |
| Top Code | 083500 - Physical Education |
| Units | .5-1.5 Total Units |
| Hours | 18-54 Total Hours (Lecture Hours 4.5-13.5; Lab Hours 13.5-40.5) |
| Total Outside of Class Hours | 0 |
| Course Credit Status | Credit: Degree Applicable (D) |
| Material Fee | No |
| Basic Skills | Not Basic Skills (N) |
| Repeatable | No |
| Open Entry/Open Exit | No |
| Grading Policy | Standard Letter (S) |
| Associate Arts Local General Education (GE) | <ul style="list-style-type: none"> Area 7 Life Skills, Lifelong Learning, and Self-Development 7B Activity (OE2) |
| California State University General Education Breadth (CSU GE-Breadth) | <ul style="list-style-type: none"> CSU E2 Activity Course (E2) |

Course Description

Basic Instruction and practice in the essential fundamentals, rules, and basic game strategy necessary for beginning basketball competition. This is a coed class designed for recreational players. 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)

- Execute proper training techniques needed to improve skills in preparation for competing effectively in basketball.
- Self-analyze errors in basketball and identify methods of adjustment to enhance performance.

Course Objectives

- 1. Demonstrate a positive mental attitude during each class session.
- 2. Demonstrate an increased proficiency in selected fundamental skills involved in basketball.
- 3. Apply the basic rules that govern a basketball game.
- 4. Demonstrate an increased level of physical conditioning.
- 5. Use proper sportsmanship at all times during each class session.
- 6. List the proper equipment needed for safety purposes.
- 7. Use specific basketball terminology required to play effectively.
- 8. Demonstrate effective use of basketball equipment required for improving basic skills.

Lecture Content

1. Orientation and introduction a. Instructor introduction, background, and experience b. rules and regulations of the game and the class 2. Advantages of basketball a. Promotes physical and mental health b. Develops an appreciation for teamwork, sacrifice, competition, and group dynamics c. The game can be played with limited cost and can be played

individually or with other people 3. Fitness and conditioning a. Stretches and flexibility b. Cardiovascular fitness c. Muscle endurance and strength d. endurance e. Weight training 4. Basketball equipment a. Advantages of getting the proper basketball attire b. Shoes c. Socks d. Shorts or sweats e. Types of basketballs f. Equipment used to enhance performance 5. Etiquette a. Sportsmanship b. Proper language c. Defense calls the fouls d. Let the play have a chance to land e. Share the ball pass f. Line class g. Hustle plays 6. Basic Basketball Fundamentals a. Proper shooting form b. Lay-ups c. Dribbling d. Front and reverse pivots e. Jump stops, stride stops f. One-on-one moves g. Defensive stance h. Defensive slides i. Run-glide-run 7. Offensive team concepts a. Spacing b. Ball movement c. Player movement d. Screening e. Dribble penetration f. Rebounding g. Pressure release 8. Defensive team concepts a. Ball pressure b. Jump to the ball c. Rotation d. Contest all shots e. Box out and rebound 9. Practice and building on skills a. Alignment of several offenses: flex, triangle, motion b. Alignment of five-on-man-to-man defense, zone defense, match-up defense c. Combination one-on-one moves d. Combination one-on-one moves off the dribble

Lab Content

1. Orientation and introduction a. Instructor introduction, background, and experience b. rules and regulations of the game and the class 2. Advantages of basketball a. Promotes physical and mental health b. Develops an appreciation for teamwork, sacrifice, competition, and group dynamics c. The game can be played with limited cost and can be played individually or with other people 3. Fitness and conditioning a. Stretches and flexibility b. Cardiovascular fitness c. Muscle endurance and strength d. endurance e. Weight training 4. Basketball equipment a. Advantages of getting the proper basketball attire b. Shoes c. Socks d. Shorts or sweats e. Types of basketballs f. Equipment used to enhance performance 5. Etiquette a. Sportsmanship b. Proper language c. Defense calls the fouls d. Let the play have a chance to land e. Share the ball pass f. Line class g. Hustle plays 6. Basic Basketball Fundamentals a. Proper shooting form b. Lay-ups c. Dribbling d. Front and reverse pivots e. Jump stops, stride stops f. One-on-one moves g. Defensive stance h. Defensive slides i. Run-glide-run 7. Offensive team concepts a. Spacing b. Ball movement c. Player movement d. Screening e. Dribble penetration f. Rebounding g. Pressure release 8. Defensive team concepts a. Ball pressure b. Jump to the ball c. Rotation d. Contest all shots e. Box out and rebound 9. Practice and building on skills a. Alignment of several offenses: flex, triangle, motion b. Alignment of five-on-man-to-man defense, zone defense, match-up defense c. Combination one-on-one moves d. Combination one-on-one moves off the dribble

Method(s) of Instruction

- Lecture (02)
- Lab (04)

Instructional Techniques

Lectures, instructor demonstrations, instructor feedback and evaluation, handouts, and discussions

Reading Assignments

Reading Assignments Write a scouting report on one of the basketball teams. Students will spend approximately 1 hour a week reading from instructor handouts or self-directed readings related to the topic.

Writing Assignments

Write a self-reflection on improvement in game play and skill development.

Out-of-class Assignments

Write a scouting report on one of the basketball teams. Students will spend approximately 3 hours a week completing conditioning programs outside of class meetings.

Demonstration of Critical Thinking

Lecture, instructor and student demonstration, feedback and evaluation, audio-visual analysis, and scouting assignment.

Required Writing, Problem Solving, Skills Demonstration

Write a scouting report on one of the basketball teams.

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.