

KIN A250: INTERMEDIATE/ ADVANCE BASKETBALL

Item	Value
Curriculum Committee Approval Date	10/16/2024
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), • Pass/No Pass (B)

Course Description

Instruction and practice in the intermediate and advanced skills, advanced game strategy and preparation for competition necessary for intermediate and advanced basketball. This is a coed class designed for intermediate and advanced recreational players. Transfer Credit: CSU.

Course Level Student Learning Outcome(s)

1. Execute intermediate and advanced training techniques needed to improve skills and strategies in preparation for competing effectively in competitive basketball.
2. Self-analyze errors in basketball and identify advanced methods of adjustment to enhance performance in higher levels of competition.

Course Objectives

- 1. Demonstrate a positive mental attitude during each class session.
- 2. Demonstrate an increased proficiency in selected intermediate and advanced skills involved in basketball.
- 3. Explain offensive and defensive strategies to effectively beat your opponent.
- 4. Demonstrate an increased level of physical conditioning for intermediate and advanced players.
- 5. Use proper sportsmanship at all times during each class session.
- 6. Compare and contrast the advantages and disadvantages of selected strategies applicable during simulated games situations and game play.
- 7. Prepare a scouting report on a team of their choice.
- 8. Compare and contrast the advantages and disadvantages of selected strategies.
- 9. Prepare a scouting report on a team of their choice.

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 b. Cardiovascular fitness c. Muscles used d. endurance e. Weight training 4. Intermediate or advanced basketball skills: a. cross over dribbling b. between the legs c. behind the back d. shooting from all areas of the court e. scoring tactics f. position specific defense g. The box h. Pressing i. Zone j. Match-up

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 b. Cardiovascular fitness c. Muscles used d. endurance e. Weight training 4. Intermediate or advanced basketball skills: a. cross over dribbling b. between the legs c. behind the back d. shooting from all areas of the court e. scoring tactics f. position specific defense g. The box h. Pressing i. Zone j. Match-up

Method(s) of Instruction

- Lecture (02)
- Lab (04)

Instructional Techniques

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

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 scouting report on one of the basketball teams.

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.