ATHL 15L Course Outline as of Fall 2019

CATALOG INFORMATION

Dept and Nbr: ATHL 15L Title: BASKETBALL LAB Full Title: Basketball Lab Last Reviewed: 2/25/2019

| Units | | Course Hours per Week | N | br of Weeks | Course Hours Total | |
|---------|------|-----------------------|------|-------------|---------------------------|-------|
| Maximum | 1.00 | Lecture Scheduled | 0 | 17.5 | Lecture Scheduled | 0 |
| Minimum | 1.00 | Lab Scheduled | 0 | 2 | Lab Scheduled | 0 |
| | | Contact DHR | 2.00 | | Contact DHR | 35.00 |
| | | Contact Total | 2.00 | | Contact Total | 35.00 |
| | | Non-contact DHR | 0 | | Non-contact DHR | 0 |

Total Out of Class Hours: 17.50

Total Student Learning Hours: 52.50

| Title 5 Category: | AA Degree Applicable |
|-------------------|--------------------------|
| Grading: | Grade or P/NP |
| Repeatability: | 34 - 4 Enrollments Total |
| Also Listed As: | |
| Formerly: | PE 70.2 |

Catalog Description:

Introduction to the structure and development of various basketball strategies. This course will include analysis of scouting reports and film reviews as well as the practical application of various physical training concepts.

Prerequisites/Corequisites: Course Completion of ATHL 14

Recommended Preparation:

Limits on Enrollment:

Schedule of Classes Information:

Description: Introduction to the structure and development of various basketball strategies. This course will include analysis of scouting reports and film reviews as well as the practical application of various physical training concepts. (Grade or P/NP) Prerequisites/Corequisites: Course Completion of ATHL 14 Recommended: Limits on Enrollment:

ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

| AS Degree: CSU GE: | Area Transfer Area | L | | Effective: Effective: | Inactive: Inactive: |
|-----------------------|-----------------------|------------|-----------|--------------------------|------------------------|
| IGETC: | Transfer Area | L | | Effective: | Inactive: |
| CSU Transfer | :Transferable | Effective: | Fall 1985 | Inactive: | |
| UC Transfer: | Transferable | Effective: | Fall 1985 | Inactive: | |

CID:

Certificate/Major Applicable:

Major Applicable Course

COURSE CONTENT

Student Learning Outcomes:

At the conclusion of this course, the student should be able to:

- 1. Formulate basketball strategies, based on individual and team performance, and the opponent's offensive and defensive schematics.
- 2. Utilize various types of physical training methods to enhance performance.

Objectives:

At the conclusion of this course, the student should be able to:

- 1. Analyze and assess individual and team performance.
- 2. Demonstrate the knowledge of offensive skills and strategies.
- 3. Demonstrate the knowledge of defensive skills and strategies.
- 4. Understand the rules of basketball according to the governing rule book.
- 5. Perform basic dribbling skills.
- 6. Perform various types of physical training methods to enhance performance.
- 7. Repeating students must demonstrate an increased depth and breadth of related skills with new learning objectives.

Topics and Scope:

- 1. Individual Fundamental Skills and Conditioning
 - A. Agility
 - B. Coordination
 - C. Reaction
 - D. Muscular strength
 - E. Muscle and cardio vascular endurance
 - F. Dribbling skills
- 2. Practical and General Knowledge of the Game of Basketball and its Rules
 - A. Practice drills
 - B. Game situations
- 3. Concepts and Strategies of Opponent

- A. Offense
- B. Defense
- C. Team personnel
- 4. Team Development and Goals
 - A. Offense
 - B. Defense
 - C. Individual goals & responsibilities
 - D. Team goals & responsibilities
- 5. Repeating Students must Demonstrate Increased Depth and Breadth of Related Skills, with New Learning Objectives

Assignment:

Students are expected to spend an additional one hour per week outside of class completing one or more of the following assignments.

Representative Assignments:

- 1. Analyze basketball strategies
- 2. Creating and analyzing scouting reports
- 3. Diagramming specific offensive and defensive strategies
- 4. Film analysis
- 5. Note taking
- 6. Repeating students demonstrate an increased level of performance

Methods of Evaluation/Basis of Grade:

Writing: Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

Written scouting reports, note taking

Problem Solving: Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

Playbook and film analysis

Skill Demonstrations: All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Skill performances, practice performance, game competition

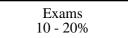
Exams: All forms of formal testing, other than skill performance exams.

Multiple choice, True/false

| Writing 5 - 15% | |
|--------------------|--|
| | |
| | |

Problem solving 10 - 20%

| Skill Demonstrations |
|----------------------|
| 15 - 30% |



Participation

Other Category 30 - 50%

Representative Textbooks and Materials:

Basketball Analytics: Objective and Efficient Strategies for Understanding How Teams Win. Shea, Stephen and Baker, Christopher. CreateSpace Independent Publishing Platform. 2013 (classic)

Instructor prepared materials