

PHYED 87.3 Course Outline as of Fall 2003**CATALOG INFORMATION**

Dept and Nbr: PHYED 87.3 Title: BASKETBALL - ADV.

Full Title: Advanced Basketball

Last Reviewed: 3/28/2016

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	2.00	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	1.00	Lab Scheduled	4.00	6	Lab Scheduled	70.00
		Contact DHR	0		Contact DHR	0
		Contact Total	4.00		Contact Total	70.00
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 0.00

Total Student Learning Hours: 70.00

Title 5 Category: AA Degree Applicable

Grading: Grade or P/NP

Repeatability: 22 - 4 Times in any Comb of Levels

Also Listed As:

Formerly: PE 42.3

Catalog Description:

In depth lecture and laboratory study of individual offensive techniques, defensive skills and game strategies of men's and women's basketball. Serves as technique course in coaching for physical education or recreation majors and prepares potential varsity players physically and mentally for intercollegiate competition.

Prerequisites/Corequisites:

Course Completion of KTEAM 4.2 (or PHYED 87.2 or PE 42.2 or PE 116.2)

Recommended Preparation:**Limits on Enrollment:****Schedule of Classes Information:**

Description: Offensive techniques, defensive skills & game strategies. (Grade or P/NP)

Prerequisites/Corequisites: Course Completion of KTEAM 4.2 (or PHYED 87.2 or PE 42.2 or PE 116.2)

Recommended:

Limits on Enrollment:

Transfer Credit: CSU;UC.

Repeatability: 4 Times in any Comb of Levels

ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

AS Degree:	Area	Effective:	Inactive:
CSU GE:	Transfer Area	Effective:	Inactive:

IGETC:	Transfer Area	Effective:	Inactive:
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CSU Transfer:	Transferable	Effective:	Fall 1981	Inactive:
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UC Transfer:	Transferable	Effective:	Fall 1981	Inactive:
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CID:

Certificate/Major Applicable:

Major Applicable Course

COURSE CONTENT

Outcomes and Objectives:

The student will:

- Understand game concepts of offensive and defense from a coaching stand point
- Have the knowledge to analyze team concepts of offense and defense
- Have the fundamentals to participate at an advanced level
- Be able to set up a personal conditioning program for advanced play

Topics and Scope:

CONDITIONING: STRENGTH,FLEXIBILITY AND ENDURANCE

- Weight Training
- "Leaper" Training
- Sprinting and long distance running

OFFENSIVE TECHNIQUES

- Body control and footwork
- Advanced shooting techniques: lay-ups, hooks, jump shots, one on one moves, and post moves
- Development of dribbling, passing, and rebounding technique
- Team zone concepts

- Team man offensive concepts

DEFENSIVE TECHNIQUES

- Stance and conditioning
- One on one, full court, and contained court skills
- Two on two contained defense: "On" and "Off" the ball
- Three,four,and five player Half Court Man Defense
- Specific zone concepts
- Zone and man full court presses

THEORY,PRACTICUM AND TESTING

- Analysis of zone offenses: 2-1-2, 1-3-1 and 1-4
- Analysis of zone defenses: 2-1-2, 1-3-1 and 3-2
- Analysis of man to man techniques
- Individual,Pair and trio offensive maneuvers
- Individual,pair and trio defensive counters
- Game Play
- Written and skills testing

Assignment:

- None
- Written and skills testing

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.

None, This is a degree applicable course but assessment tools based on writing are not included because problem solving assessments and skill demonstrations are more appropriate for this course.

Writing
0 - 0%

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

Exams

Problem solving
20 - 20%

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

Class performances, Performance exams

Skill Demonstrations
20 - 40%

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

Multiple choice, True/false

Exams
20 - 40%

Other: Includes any assessment tools that do not logically fit into the above categories.

ATTENDANCE

Other Category
20 - 60%

Representative Textbooks and Materials: