

CATALOG INFORMATION

Dept and Nbr: ATHL 14

Title: WOMEN'S VAR BASKETBALL

Full Title: Women's Varsity Basketball

Last Reviewed: 2/25/2019

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	1.00	Lecture Scheduled	0	9	Lecture Scheduled	0
Minimum	1.00	Lab Scheduled	10.00	9	Lab Scheduled	90.00
		Contact DHR	0		Contact DHR	0
		Contact Total	10.00		Contact Total	90.00
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 0.00

Total Student Learning Hours: 90.00

Title 5 Category: AA Degree Applicable

Grading: Grade or P/NP

Repeatability: 34 - 4 Enrollments Total

Also Listed As:

Formerly: PE 75A

Catalog Description:

Practice for and participation in intercollegiate competition, emphasizing skills, fundamentals and strategies

Prerequisites/Corequisites:

High School Interscholastic participation or advanced level skills.

Recommended Preparation:

Limits on Enrollment:

Schedule of Classes Information:

Description: Practice for & participation in intercollegiate competition; emphasizing skills, fundamentals & strategies. (Grade or P/NP)

Prerequisites/Corequisites: High School Interscholastic participation or advanced level skills.

Recommended:

Limits on Enrollment:

Transfer Credit: CSU;UC.

Repeatability: 4 Enrollments Total

## **ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:**

<b>AS Degree:</b>	<b>Area</b>	Effective:	Inactive:
<b>CSU GE:</b>	<b>Transfer Area</b>	Effective:	Inactive:
<b>IGETC:</b>	<b>Transfer Area</b>	Effective:	Inactive:

<b>CSU Transfer:</b>	Transferable	Effective:	Fall 1981	Inactive:
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<b>UC Transfer:</b>	Transferable	Effective:	Fall 1981	Inactive:
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**CID:**

**Certificate/Major Applicable:**

Major Applicable Course

## **COURSE CONTENT**

### **Outcomes and Objectives:**

The student will:

- Have developed advanced level skills and fundamentals for competition
- Have the knowledge to understand and analyze team and individual concepts and strategies of intercollegiate competition
- Have the knowledge and understanding about physical conditioning required for intercollegiate competition
- Have the knowledge to develop their own conditioning and practice program necessary for competition.

### **Topics and Scope:**

#### **INDIVIDUAL SKILLS**

- Offensive Techniques
  - Shooting
  - Dribbling
  - Passing
  - Rebounding
  - Screening
- Defensive Techniques
  - Stance and footwork
  - Body positioning and focus
  - Screening out

#### **TEAM OFFENSE**

- Two and three player offensive techniques
- Fastbreak
- Development of man and zone offenses
- Team rebounding

#### **TEAM DEFENSE**

- Two and three player defensive technique
- Development of man and zone defenses

- Zone and man presses
- Defensive rebounding

## KNOWLEDGE OF BASIC RULES AND STRATEGY

### CONDITIONING

FULL SCHEDULE OF SINGLE AND TOURNAMENT GAMES IN NORTHERN CALIFORNIA COMMUNITY COLLEGES INTERCOLLEGIATE LEAGUE, THE GOLDEN VALLEY INTERCOLLEGIATE LEAGUE, AND BAY AREA COLLEGE ASSOCIATION FOR WOMEN

### Assignment:

### 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

Writing  
0 - 0%

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

None

Problem solving  
0 - 0%

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

Class performances, Performance exams

Skill Demonstrations  
0 - 25%

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

None

Exams  
0 - 0%

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

Attendance

Other Category  
0 - 25%

### Representative Textbooks and Materials: