

CATALOG INFORMATION

Dept and Nbr: KTEAM 4.1 Title: BASKETBALL - BEG.
Full Title: Beginning Basketball
Last Reviewed: 2/12/2024

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	1.50	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	1.50	Lab Scheduled	3.00	2	Lab Scheduled	52.50
		Contact DHR	0		Contact DHR	0
		Contact Total	3.00		Contact Total	52.50
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 26.25

Total Student Learning Hours: 78.75

Title 5 Category: AA Degree Applicable
Grading: Grade or P/NP
Repeatability: 00 - Two Repeats if Grade was D, F, NC, or NP
Also Listed As:
Formerly: PHYED 87.1

Catalog Description:
The purpose of this course is to provide beginning instruction in the techniques, tactics and strategies associated with competitive basketball. Special emphasis is placed on drills and competitive play situation.

Prerequisites/Corequisites:

Recommended Preparation:

Limits on Enrollment:

Schedule of Classes Information:
Description: The purpose of this course is to provide beginning instruction in the techniques, tactics and strategies associated with competitive basketball. Special emphasis is placed on drills and competitive play situation. (Grade or P/NP)
Prerequisites/Corequisites:
Recommended:
Limits on Enrollment:

Transfer Credit: CSU;UC.

Repeatability: Two Repeats if Grade was D, F, NC, or NP

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

Student Learning Outcomes:

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

1. Play competitive basketball and execute fundamental skills at a beginning level.
2. Demonstrate beginning tactics, positioning and court spacing during competitive play.
3. Apply the rules of play.

Objectives:

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

1. Execute beginning levels of basketball offensive and defensive fundamentals.
2. Analyze beginning techniques of shooting, passing and dribbling.
3. Incorporate strategies for attacking various defensive alignments.
4. Demonstrate knowledge of the mental aspects of beginning basketball.

Topics and Scope:

I. Individual offense development

- A. Passing
- B. Shooting
- C. Ball handling
- D. Rebounding
- E. Screening and using screens
- F. Cutting

II. Individual defensive development

- A. Stance
- B. Sliding
- C. Positioning
- D. Boxing out

III. Principles of team offense

- A. Spacing
- B. Ball Movement

- C. Execution of plays
- D. Continuity offense
- IV. Principles of team defense
 - A. Man to man techniques and positioning
 - B. Zone defenses
- V. Relaxation and focusing techniques

Assignment:

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

1. Practice and analyze beginning basketball fundamentals
2. In-class competitive basketball situations
3. Performance exams (skill tests) throughout the semester
4. Quizzes (1-5)

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 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.

None

Problem solving
0 - 0%

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

Skill performances, performance exams

Skill Demonstrations
20 - 40%

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

Quizzes; Multiple choice, True/false

Exams
20 - 40%

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

Participation and attendance

Other Category
30 - 60%

Representative Textbooks and Materials:

Basketball Essentials. Goodson, Ryan. Human Kinetics. 2016
Instructor prepared materials

