

CATALOG INFORMATION

Dept and Nbr: ATHL 16

Title: TECH/THEORY BASKETBALL

Full Title: Techniques and Theory of Basketball

Last Reviewed: 9/25/2017

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	0	6	Lab Scheduled	0
		Contact DHR	3.00		Contact DHR	52.50
		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: 34 - 4 Enrollments Total

Also Listed As:

Formerly: PE 70.1

**Catalog Description:**  
Introduction to the fundamental techniques and theories of basketball. This course will cover individual offensive and defensive strategies as well as team offensive and defensive strategies.

**Prerequisites/Corequisites:**

**Recommended Preparation:**  
Eligibility for ENGL 100 or ESL 100

**Limits on Enrollment:**

**Schedule of Classes Information:**  
Description: Introduction to the fundamental techniques and theories of basketball. This course will cover individual offensive and defensive strategies as well as team offensive and defensive strategies. (Grade or P/NP)  
Prerequisites/Corequisites:  
Recommended: Eligibility for ENGL 100 or ESL 100  
Limits on Enrollment:  
Transfer Credit: CSU;UC.

Repeatability: 4 Enrollments Total

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

**AS Degree:**      **Area**  
**CSU GE:**        **Transfer Area**

Effective:        Inactive:  
Effective:        Inactive:

**IGETC:**        **Transfer Area**

Effective:        Inactive:

**CSU Transfer:** Transferable      Effective:      Spring 1986      Inactive:      Fall 2023

**UC Transfer:** Transferable      Effective:      Spring 1986      Inactive:      Fall 2023

**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 and execute offensive and defensive basketball strategies.
2. Evaluate an opponent's offensive and defensive basketball strategies.
3. Evaluate individual opponents.

### **Objectives:**

Upon completion of this course, students will be able to:

1. Identify basic offensive and defensive strategies.
2. Develop an understanding of basketball fundamentals.
3. Assess the opponent's offensive and defensive strategies as a team and individual through the use of film and scouting reports.
4. Develop specific strategies based on the assessment of the opponent's schemes.
5. Formulate a variety of game plans specific to the opponent.
6. Repeating students must demonstrate increased depth and breadth of related skills, with new learning objectives

### **Topics and Scope:**

- I. History and development of the modern game
- II. Philosophy and coaching theory
  - A. Methods
  - B. Mediums
  - C. Techniques
- III. Individual offensive fundamentals
  - A. Dribbling and crossovers
    1. Regular
    2. Behind the back
    3. Spin
    4. Between the legs
  - B. Passing

- 1. Chest pass
- 2. Overhead pass
- 3. Bounce pass
- C. Shooting
  - 1. Jump shots
  - 2. Free throws
  - 3. Layups
- D. Rebounding
- IV. Individual defensive fundamentals
  - A. Sliding and footwork
  - B. Positioning
  - C. Rebounding and boxing out
- V. Team offensive fundamentals
  - A. Spacing
  - B. Cutting
  - C. Screening
  - D. Fast break execution
  - E. Half court execution
  - F. Zone vs. man principles
- VI. Team defensive fundamentals
  - A. Full court
  - B. Half court
  - C. Zone vs. man principles
- V. Repeating students must demonstrate increased depth and breadth of related skills, with new learning objectives.

### **Assignment:**

Students are expected to spend an additional one and one-half hours per week outside of class on one or more of the following activities:

#### **In-Class**

- 1. Film analysis
- 2. Quizzes (2 - 3)
- 3. Offensive and defensive strategies during in-class basketball games.

#### **Homework**

- 1. Weekly scouting reports from in class film analysis (2 - 3 pages per report).
- 2. Developing a playbook (1 - 2 pages per week).
- 3. Diagramming specific offensive and defensive strategies (2 - 4 strategies per week).
- 4. Practice of offensive and defensive strategies from in-class basketball games (1 hour per week).

Repeating students must 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.

Scouting reports, playbook	Writing 10 - 25%
<b>Problem Solving:</b> Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.	
Diagramming offensive and defensive strategies, film analysis	Problem solving 10 - 25%
<b>Skill Demonstrations:</b> All skill-based and physical demonstrations used for assessment purposes including skill performance exams.	
Offensive and defensive strategies during in-class basketball games	Skill Demonstrations 10 - 25%
<b>Exams:</b> All forms of formal testing, other than skill performance exams.	
Quizzes: multiple choice, true/false and/or short answer	Exams 10 - 25%
<b>Other:</b> Includes any assessment tools that do not logically fit into the above categories.	
Attendance and participation	Other Category 30 - 60%

### **Representative Textbooks and Materials:**

Basketball Essentials. Goodson, Ryan. Human Kinetics. 2016

Practical Modern Basketball. Wooden, John. 3rd ed. Benjamin Cummings. 1998 (classic)

Instructor prepared materials