

**ATHL 16 Course Outline as of Fall 2018****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:**

<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:	Spring 1986	Inactive:	Fall 2023
<b>UC Transfer:</b>	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%

**Problem Solving:** 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%

**Skill Demonstrations:** 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%

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

Quizzes: multiple choice, true/false and/or short answer

Exams  
10 - 25%

**Other:** 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