

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:

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

| | | | |
|---------------|----------------------|------------|-----------|
| IGETC: | Transfer Area | Effective: | Inactive: |
|---------------|----------------------|------------|-----------|

| | | | | |
|----------------------|--------------|------------|-----------|-----------|
| CSU Transfer: | Transferable | Effective: | Fall 1981 | Inactive: |
|----------------------|--------------|------------|-----------|-----------|

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|---------------------|--------------|------------|-----------|-----------|
| UC Transfer: | Transferable | Effective: | Fall 1981 | Inactive: |
|---------------------|--------------|------------|-----------|-----------|

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: