

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	2.00	Lecture Scheduled	2.00	17.5	Lecture Scheduled	35.00
Minimum	1.00	Lab Scheduled	0	6	Lab Scheduled	0
		Contact DHR	0		Contact DHR	0
		Contact Total	2.00		Contact Total	35.00
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 70.00

Total Student Learning Hours: 105.00

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**

### **Outcomes and 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.

### **Topics and Scope:**

A. History and development of the modern game

B. Philosophy and coaching theory

1. Methods
2. Mediums
3. Techniques

C. Individual offensive fundamentals

1. Dribbling and crossovers
  - a. Regular
  - b. Behind the back
  - c. Spin
  - d. Between the legs
2. Passing
  - a. Chest pass
  - b. Overhead pass
  - c. Bounce pass
3. Shooting
  - a. Jump shots
  - b. Free throws
  - c. Layups
4. Rebounding

D. Individual defensive fundamentals

1. Sliding and footwork
2. Positioning
3. Rebounding and boxing out

E. Team offensive fundamentals

1. Spacing
2. Cutting
3. Screening
4. Fast break execution
5. Half court execution
6. Zone vs. man principles

F. Team defensive fundamentals

1. Full court
2. Half court
3. Zone vs. man principles

**Assignment:**

In-Class

1. Film analysis
2. 2-3 quizzes (multiple choice, true/false, and/or short answer).
3. Offensive and defensive strategies during in-class basketball games.

Homework

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

**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:**

Practical Modern Basketball - John Wooden, Third Edition, publisher, Benjamin Cummings, 1998 or comparable text (classic)

Instructor prepared materials