

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% |
| 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