

CATALOG INFORMATION

Dept and Nbr: ATHL 15L

Title: BASKETBALL LAB

Full Title: Basketball Lab

Last Reviewed: 2/25/2019

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	1.00	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	1.00	Lab Scheduled	0	2	Lab Scheduled	0
		Contact DHR	2.00		Contact DHR	35.00
		Contact Total	2.00		Contact Total	35.00
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 17.50

Total Student Learning Hours: 52.50

Title 5 Category: AA Degree Applicable

Grading: Grade or P/NP

Repeatability: 34 - 4 Enrollments Total

Also Listed As:

Formerly: PE 70.2

**Catalog Description:**  
Introduction to the structure and development of various basketball strategies. This course will include analysis of scouting reports and film reviews as well as the practical application of various physical training concepts.

**Prerequisites/Corequisites:**  
Course Completion of ATHL 14

**Recommended Preparation:**

**Limits on Enrollment:**

**Schedule of Classes Information:**  
Description: Introduction to the structure and development of various basketball strategies. This course will include analysis of scouting reports and film reviews as well as the practical application of various physical training concepts. (Grade or P/NP)  
Prerequisites/Corequisites: Course Completion of ATHL 14  
Recommended:  
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:	Fall 1985	Inactive:	
<b>UC Transfer:</b>	Transferable	Effective:	Fall 1985	Inactive:	

### **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 basketball strategies, based on individual and team performance, and the opponent's offensive and defensive schematics.
2. Utilize various types of physical training methods to enhance performance.

### **Objectives:**

At the conclusion of this course, the student should be able to:

1. Analyze and assess individual and team performance.
2. Demonstrate the knowledge of offensive skills and strategies.
3. Demonstrate the knowledge of defensive skills and strategies.
4. Understand the rules of basketball according to the governing rule book.
5. Perform basic dribbling skills.
6. Perform various types of physical training methods to enhance performance.
7. Repeating students must demonstrate an increased depth and breadth of related skills with new learning objectives.

### **Topics and Scope:**

1. Individual Fundamental Skills and Conditioning
  - A. Agility
  - B. Coordination
  - C. Reaction
  - D. Muscular strength
  - E. Muscle and cardio vascular endurance
  - F. Dribbling skills
2. Practical and General Knowledge of the Game of Basketball and its Rules
  - A. Practice drills
  - B. Game situations
3. Concepts and Strategies of Opponent

- A. Offense
- B. Defense
- C. Team personnel
- 4. Team Development and Goals
  - A. Offense
  - B. Defense
  - C. Individual goals & responsibilities
  - D. Team goals & responsibilities
- 5. Repeating Students must Demonstrate Increased Depth and Breadth of Related Skills, with New Learning Objectives

### Assignment:

Students are expected to spend an additional one hour per week outside of class completing one or more of the following assignments.

### Representative Assignments:

- 1. Analyze basketball strategies
- 2. Creating and analyzing scouting reports
- 3. Diagramming specific offensive and defensive strategies
- 4. Film analysis
- 5. Note taking
- 6. Repeating students 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.

Written scouting reports, note taking

Writing  
5 - 15%

**Problem Solving:** Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

Playbook and film analysis

Problem solving  
10 - 20%

**Skill Demonstrations:** All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Skill performances, practice performance, game competition

Skill Demonstrations  
15 - 30%

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

Multiple choice, True/false

Exams  
10 - 20%

**Other:** Includes any assessment tools that do not logically fit into the above categories.

Participation

Other Category  
30 - 50%

**Representative Textbooks and Materials:**

Basketball Analytics: Objective and Efficient Strategies for Understanding How Teams Win.  
Shea, Stephen and Baker, Christopher. CreateSpace Independent Publishing Platform. 2013  
(classic)

Instructor prepared materials