

CATALOG INFORMATION

Dept and Nbr: PHYED 87.1     Title: BASKETBALL - BEG.  
Full Title: Beginning Basketball  
Last Reviewed: 2/12/2024

| Units   |      | Course Hours per Week |      | Nbr of Weeks | Course Hours Total |       |
|---------|------|-----------------------|------|--------------|--------------------|-------|
| Maximum | 2.00 | Lecture Scheduled     | 0    | 17.5         | Lecture Scheduled  | 0     |
| Minimum | 1.00 | Lab Scheduled         | 4.00 | 2            | Lab Scheduled      | 70.00 |
|         |      | Contact DHR           | 0    |              | Contact DHR        | 0     |
|         |      | Contact Total         | 4.00 |              | Contact Total      | 70.00 |
|         |      | Non-contact DHR       | 0    |              | Non-contact DHR    | 0     |

Total Out of Class Hours: 0.00

Total Student Learning Hours: 70.00

Title 5 Category: AA Degree Applicable  
Grading: Grade or P/NP  
Repeatability: 22 - 4 Times in any Comb of Levels  
Also Listed As:  
Formerly: PE 42.1

**Catalog Description:**  
The purpose of this course is to provide beginning instruction in the techniques, tactics and strategies associated with competitive basketball. Special emphasis is placed on drills and competitive play situation.

**Prerequisites/Corequisites:**

**Recommended Preparation:**

**Limits on Enrollment:**

**Schedule of Classes Information:**  
Description: The purpose of this course is to provide beginning instruction in the techniques, tactics and strategies associated with competitive basketball. Special emphasis is placed on drills and competitive play situation. (Grade or P/NP)  
Prerequisites/Corequisites:  
Recommended:  
Limits on Enrollment:

Transfer Credit: CSU;UC.

Repeatability: 4 Times in any Comb of Levels

## **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 1981 | Inactive: |
|----------------------|--------------|------------|-----------|-----------|

|                     |              |            |           |           |
|---------------------|--------------|------------|-----------|-----------|
| <b>UC Transfer:</b> | Transferable | Effective: | Fall 1981 | Inactive: |
|---------------------|--------------|------------|-----------|-----------|

**CID:**

**Certificate/Major Applicable:**

Major Applicable Course

## **COURSE CONTENT**

### **Outcomes and Objectives:**

Upon completion of the course, students will be able to:

1. Execute beginning levels of basketball offensive and defensive fundamentals.
2. Analyze beginning techniques of shooting, passing and dribbling.
3. Incorporate strategies for attacking various defensive alignments.
4. Demonstrate knowledge of the mental aspects of beginning basketball.

Repeating students must demonstrate increased depth and breadth of related skills, with new learning objectives.

### **Topics and Scope:**

- I. Individual offense development
  - A. Passing
  - B. Shooting
  - C. Ball handling
  - D. Rebounding
  - E. Screening and using screens
  - F. Cutting
- II. Individual defensive development
  - A. Stance
  - B. Sliding
  - C. Positioning
  - D. Boxing out
- III. Principles of team offense
  - A. Spacing
  - B. Ball Movement
  - C. Execution of plays
  - D. Continuity offense
- IV. Principles of team defense
  - A. Man to man techniques and positioning

- B. Zone defenses
- V. Relaxation and focusing techniques

Repeating students must demonstrate increased depth and breadth of related skills, with new learning objectives.

**Assignment:**

1. Practice and analyze beginning basketball fundamentals
2. In-class competitive basketball situations
3. Performance exams (skill tests) throughout the semester
4. Multiple choice and/or true/false quizzes (1-5)

Repeating students must demonstrate increased depth and breadth of related skills, with new learning objectives.

**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, This is a degree applicable course but assessment tools based on writing are not included because skill demonstrations are more appropriate for this course.

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.

Skill performances, performance exams

Skill Demonstrations  
20 - 40%

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

Multiple choice, True/false

Exams  
20 - 40%

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

Participation and attendance

Other Category  
30 - 60%

**Representative Textbooks and Materials:**

Instructor prepared materials