

# PE G186: ACTIVITIES - BASKETBALL

Item	Value
Curriculum Committee Approval Date	12/01/2020
Top Code	083500 - Physical Education
Units	.5-1 Total Units
Hours	27-54 Total Hours (Lab Hours 27-54)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	No
Grading Policy	Standard Letter (S), • Pass/No Pass (B)
Local General Education (GE)	• GWC Lifelong Understanding (GE)
California State University General Education Breadth (CSU GE-Breadth)	• CSU E2 Activity Course (E2)

## Course Description

This course is designed to provide students with instruction and practice in the basic and fundamental skills needed to successfully performance in this basketball. Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, PE Activity courses combined: maximum credit, 4 units.

## Course Level Student Learning Outcome(s)

1. Course Outcomes
2. Demonstrate stretching, warm-up, and safety procedures to keep their experience free from injuries and preventable accidents.
3. Identify, analyze, and demonstrate the basic fundamental skills used for passing, shooting, and dribbling.
4. Determine resting heart and calculate target heart rate during exercise.

## Course Objectives

- 1. Identify and use basic fundamental skills for playing basketball.
- 2. Demonstrate an understanding of the values, terminology, strategy of critical thinking and safety of playing this activity.
- 3. Demonstrate in game situations the ability to play within the rules.
- 4. Demonstrate the skills and techniques in passing, shooting, dribbling and basic defensive fundamentals in a game situation.
- 5. Shoot, do lay-ups and dribbling with either hand.
- 6. Score a minimum of twenty one points on a shooting lay-up drill within a two minute time limit.

## Lecture Content

## Lab Content

Orientation and introduction Instructor introduction, background, and experience Rules and regulations of the game and the class Advantages of basketball Promotes physical and mental health Develops an appreciation for teamwork, sacrifice, competition, and group dynamics The game can be played with limited cost and can be played individually or with other people Fitness and conditioning Stretches Cardiovascular fitness Muscles used Endurance Weight training Basketball equipment Advantages of getting the proper basketball attire Types of basketballs Equipment used to enhance performance Accessories Etiquette Sportsmanship Proper language Defense calls – the fouls Let the play have a chance to land Share the ball – pass Line class Hustle plays Basic Basketball Fundamentals Proper shooting form Lay-ups Dribbling Front and reverse pivots Jump stops, stride stops One-on-one moves Defensive stance Defensive slides Run-glide-run Offensive team concepts Spacing Ball movement Player movement Screening Dribble penetration Rebounding Pressure release Defensive team concepts Ball pressure Jump to the ball Rotation Contest all shots Box out and rebound Split line The box Pressing Zone Match-up

## Method(s) of Instruction

- Lab (04)
- DE Live Online Lab (04S)
- DE Online Lab (04X)

## Instructional Techniques

Lecture; discussion; instructor demonstration; evaluation; instructor feedback; student demonstration; handouts

## Reading Assignments

Students will conduct reading of the text and/or instructor handouts.

## Writing Assignments

Activity journal; goal setting; reflection paper

## Out-of-class Assignments

## Demonstration of Critical Thinking

The student will learn to recognize and identify various offenses and defenses. They will evaluate their strengths and weaknesses and apply the principles covered in class to effectively execute them.

## Required Writing, Problem Solving, Skills Demonstration

Goal setting and activity journal; proper application of stroke techniques.

## Eligible Disciplines

Physical education: Masters degree in physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education, OR bachelors degree in any of the above AND masters degree in any life science, dance, physiology, health education, recreation administration, or physical therapy OR the equivalent. Masters degree required.

## Other Resources

1. Selected handouts to be provided and distributed by the instructor.