

**Physical Education**

<http://www.usc.edu/dept/LAS/phed>

Instructor: Jarvis Turner

Email: jaturner@usc.edu

Office: PED 107

Phone: 213-740-2488

Fax: 213-821-1058

Advanced Basketball: 156B**Course Description**

156B is an advanced basketball class, in which advanced basketball techniques, fundamentals and strategies will be introduced and taught. This class will continue on where 156a left off and will go further in depth with the above mentioned.

Course Objectives

1. To present the advanced skills of basketball in a format that will enable a well versed student to enhance their foundation on which has been developed thus far.
2. For individuals who have had advanced experience in basketball, to be able to start from a basic skill set and to improve and enhance to a advanced skill acquisition.
3. To develop coordination, strength and endurance, through participation in an active game requiring running, jumping, and throwing.
4. To develop skill in the execution of advanced skills of the game to provide for enjoyable participation by the individual.
5. To develop an understanding and appreciation for the game of basketball.

Learning Objectives

Recognize the physical and mental benefits of increased activity.

Determine factors involved with development, fitness levels and training strategies.

Examine the effect of nutrition, rest and other lifestyle factors that contribute to better health.

Students will be exposed to a variety of activities providing them the opportunity to:
Utilize physical activity as a tool to manage stress.

Empower themselves by setting and working toward realistic individual goals.

Participate in a motivating and nurturing environment resulting in a greater sense of well-being and self-esteem.

Students will demonstrate proficiency through knowledge and acquired skills enabling them to:

Understand and utilize various training methods.

Assess individual levels of fitness components.

Develop an appreciation of physical activity as a lifetime pursuit and a means to better health.

Prerequisite(s): 156a (beginner basketball class) or a waiver from the instructor if you have played high school basketball

Course Notes:

Must bring proper athletic ware to class. Basketball shoes, basketball shorts and a t-shirt.

Participation and Performance:

Timely and consistent attendance is imperative in order to improve overall physical fitness and to acquire supplemental course information. Arriving late and leaving class early will affect the participation portion of the grade. Failure to attend class will impact your final grade.

Grading Breakdown

Cognitive	50%	Midterm 20%	Final 30%
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Pyschomotor	50%	Skill assessment 15%	Participation/attendance 35%
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Additional Policies

156B is a participation based class, therefore it's important that attendance remain consistent.

Course Schedule: A Weekly Breakdown

Weeks 1 and 2 – Ball Handling

- Isolation Moves - Inside out, Crossover, Through legs, Behind and around the back, Spin move, Retreat dribble, Speed dribble
- Combination moves
- Two-ball dribble

Week 3 – Passing

- Chest, Bounce, Side Bounce, Overhead, Pocket Pass, Around the Back
- Passing in Transition

Weeks 4 and 5 – Mid and Long Range Shooting

- Shooting while set
- Shooting while receiving a pass on the move
- Shooting off the dribble
- Shot fake step through and step back

Week 6 – Lay-ups

- Triple threat
- Advanced footwork to get to the basket
 - o Euro step, reverse lay-up

Weeks 7 and 8 – Transition Offense

- Learning the fast break
 - o 3 on 2, 2 on 1, 11-man fast break, UCLA fast break drill, Ultimate fast break drill

Weeks 9 and 10 – Offensive Team Strategies

- Motion Offense, Flex, Horns (pick and roll), One-hitters

Week 11 – Free Throws and Basketball Related Games

- 21, Knock Out, Horse, etc

Week 12 – Defense/Rebounding

- Man to man and Zone Defense – help side and on ball
- Trapping defenses Boxing out – in man to man defense and in zone defense
- Boxing out – in man to man defense and in zone defense

Week 13 – Team Selections/Tournament**Week 14 – Tournament****Week 15 – Final**

USC Physical Education IS NOT responsible for any lost, stolen or damaged property. If you choose to bring any valuables to class, it is strongly recommended that they be locked up during class. Lockerrooms are available in the PE building and the Lyons Center.

Statement on Academic Conduct and Support Systems

Academic Conduct:

Plagiarism – presenting someone else's ideas as your own, either verbatim or recast in your own words – is a serious academic offense with serious consequences. Please familiarize yourself with the discussion of plagiarism in SCampus in

Part B, Section 11, "Behavior Violating University Standards" policy.usc.edu/scampus-part-b. Other forms of academic dishonesty are equally unacceptable. See additional information in SCampus and university policies on scientific misconduct, <http://policy.usc.edu/scientific-misconduct>.

Support Systems:

Student Counseling Services (SCS) – (213) 740-7711 – 24/7 on call

Free and confidential mental health treatment for students, including short-term psychotherapy, group counseling, stress fitness workshops, and crisis intervention. engemannshc.usc.edu/counseling

National Suicide Prevention Lifeline – 1 (800) 273-8255

Provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week. <http://www.suicidepreventionlifeline.org>

Relationship and Sexual Violence Prevention Services (RSVP) – (213) 740-4900 – 24/7 on call

Free and confidential therapy services, workshops, and training for situations related to gender-based harm.

engemannshc.usc.edu/rsvp

Sexual Assault Resource Center

For more information about how to get help or help a survivor, rights, reporting options, and additional resources, visit the website: sarc.usc.edu

Office of Equity and Diversity (OED)/Title IX Compliance – (213) 740-5086 Works with faculty, staff, visitors, applicants, and students around issues of protected class. equity.usc.edu

Bias Assessment Response and Support

Incidents of bias, hate crimes and microaggressions need to be reported allowing for appropriate investigation and response. studentaffairs.usc.edu/bias-assessment-response-support

The Office of Disability Services and Programs

Provides certification for students with disabilities and helps arrange relevant accommodations.

dsp.usc.edu

Student Support and Advocacy – (213) 821-4710

Assists students and families in resolving complex issues adversely affecting their success as a student EX: personal, financial, and academic. studentaffairs.usc.edu/ssa

Diversity at USC

Information on events, programs and training, the Diversity Task Force (including representatives for each school), chronology, participation, and various resources for students. diversity.usc.edu

USC Emergency Information

Provides safety and other updates, including ways in which instruction will be continued if an officially declared emergency makes travel to campus infeasible. emergency.usc.edu

USC Department of Public Safety – UPC: (213) 740-4321 – HSC: (323) 442-1000 – 24-hour emergency or to report a crime.

Provides overall safety to USC community. dps.usc.edu