

BUTTE COLLEGE

COURSE OUTLINE

I. CATALOG DESCRIPTION

KIN 70 - Basketball I

1.5 Unit(s)

Prerequisite(s): NONE

Recommended Prep: NONE

Transfer Status: CSU/UC

17 hours Lecture

34 hours Lab

This course provides students with an introduction to the game of basketball. Specific attention will be focused upon standard rules, sportsmanship, etiquette, offensive and defensive team play, and the application of game strategy. Individual fundamentals will focus on offensive and defensive techniques specific to footwork, ball skills (i.e., shooting, passing, and dribbling), and rebounding.

II. OBJECTIVES

Upon successful completion of this course, the student will be able to:

- A. identify the fundamental offensive and defensive skills and techniques required to play basketball.
- B. describe and apply the standard rules of the game of basketball.
- C. employ basic basketball skills in repetitive drills and game situations.
- D. demonstrate the proper sportsmanship and etiquette expected in the game of basketball.
- E. identify the fundamental offensive and defensive strategies of basketball.

III. COURSE CONTENT

A. Unit Titles/Suggested Time Schedule

Lecture

<u>Topics</u>	<u>Hours</u>
1. Orientation and Introduction to General Rules	1.00
2. Current Fundamental Basketball Skills Evaluation and Sportsmanship	2.00
3. Footwork	0.50
4. Ball Handling	1.50
5. Application of Offensive Individual Basketball Fundamentals	1.50
6. Offensive Team Play and Strategy	1.50
7. Individual Basic Defense	1.50
8. Introduction to Basic Team Defense	1.50
9. Offensive and Defensive Rebounding	1.00
10. Offensive and Defensive Transition	2.00
11. Offensive and Defensive Specific Sets	2.00
12. Review of Basic Fundamentals and Etiquette	1.00
Total Hours	17.00

Lab

<u>Topics</u>	<u>Hours</u>
1. Orientation and Introduction to General Rules	2.00
2. Current Fundamental Basketball Skills Evaluation and Sportsmanship	4.00

3. Footwork	2.00
4. Ball Handling	2.00
5. Application of Offensive Individual Basketball Fundamentals	4.00
6. Offensive Team Play and Strategy	3.00
7. Individual Basic Defense	2.00
8. Introduction to Basic Team Defense	3.00
9. Offensive and Defensive Rebounding	2.00
10. Offensive and Defensive Transition	4.00
11. Offensive and Defensive Specific Sets	3.00
12. Review of Basic Fundamentals and Etiquette	3.00
Total Hours	34.00

IV. METHODS OF INSTRUCTION

- A. Lecture
- B. Collaborative Group Work
- C. Homework: Students are required to complete two hours of outside-of-class homework for each hour of lecture
- D. Discussion
- E. Demonstrations
- F. Multimedia Presentations
- G. Drill/Practical

V. METHODS OF EVALUATION

- A. Papers
- B. Homework
- C. Group Participation
- D. Written or Oral Examinations
- E. Practical Evaluations
- F. Class Discussion

VI. EXAMPLES OF ASSIGNMENTS

- A. Reading Assignments
 - 1. Read and be prepared to discuss the course handout specific to shooting the basketball.
 - 2. Review a professional article on individual and team fundamentals. Plan to discuss in small groups.
- B. Writing Assignments
 - 1. Write a one page essay on your favorite basketball topic, either a coach, player, or team.
 - 2. Write a brief essay reviewing game strategies observed in a live competition.
- C. Out-of-Class Assignments
 - 1. Interview a current basketball coach at any level of competition. Be prepared to discuss coaching techniques, skills, and differences you've learned from the interview.
 - 2. Observe a live basketball competition at any level of play and report your observations as they address conduct, rules, and techniques.

VII. RECOMMENDED MATERIALS OF INSTRUCTION

Textbooks:

- A. Wissel, Hal. Basketball-3rd Edition: Steps to Success (Steps to Success Activity Series). 3rd Edition. Human Kinetics, 2011.

Materials Other Than Textbooks:

A. The student will be required to provide:

a. Athletic apparel b. Tennis or court shoes (non-marking soles)

B. Other materials and/or equipment will be provided by the department.

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