

Las Positas College
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Course Outline for KIN BK1

BASKETBALL 1

Effective: Fall 2018

I. CATALOG DESCRIPTION:

KIN BK1 — BASKETBALL 1 — 1.00 - 2.00 units

This multi-level course is designed to provide the student with an opportunity to development the basic skills and understanding of basketball. Skills such as dribbling, passing, shooting, defensive and offensive strategies will be presented and practiced. Team play and sportsmanship are important priorities that are emphasized in this class.

1.00 - 2.00 Units Lab

Grading Methods:

Letter or P/NP

Discipline:

- Physical Education

Family: Kinesiology Basketball

	<u>MIN</u>	<u>MAX</u>
Lab Hours:	54.00	108.00
Total Hours:	54.00	108.00

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 1

III. PREREQUISITE AND/OR ADVISORY SKILLS:

IV. MEASURABLE OBJECTIVES:

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

- Explain the rules involved with the game of basketball
- Demonstrate basic skills required in basketball, e.g. passing, dribbling, shooting
- Apply offensive and defensive strategies used in basketball
- Display team cooperation and proper conduct commonly performed in the game of basketball
- Develop and/or maintain a level of fitness needed to participate in the sport of basketball
- Describe the inherent risks involved with basketball (e.g. turned ankle) and participate in a safe and wise manner

V. CONTENT:

- Explanation and demonstration of rules associated with basketball;
- Participation in scrimmage and game situations;
- Discussion of game strategies and rule interpretations;
- Instruction on court dimensions and game equipment;
- Proper warm up and warm down activities utilized in basketball;
- Participation in skill development and drills associated to basketball;
- Participation in a "hands on" experience via participation of in class competition.

VI. METHODS OF INSTRUCTION:

- Individual and small group drills for skill amelioration;
- Group and team discussions concerning strategies involved with basketball;
- Student participation in scrimmages and game situations;
- Use of audio visual and intranet educational programs;

VII. TYPICAL ASSIGNMENTS:

- Lecture/Demonstration
 - Dribbling Drills
- Class participation in dribbling drill
 - Class divides up into groups and is giving instructions on dribbling. Waist high vs. knee high dribble, being ambidextrous, where to focus vision of eyes, etc.
 - Class performs dribble drill via instructor's whistle commands and instructions
 - Class progresses to more advanced and diversified ways to dribble ball.
 - Students practice dribbling in group environment drill.
- Skill Building Exercise
 - Students participate in warm-ups running drills with ball.

VIII. EVALUATION:

A. Methods

1. Exams/Tests
2. Class Participation
3. Class Performance

B. Frequency

1. Final exam via written and physical skills tests
2. Daily evaluation of student's progress/ participation level by instructor
3. Student's self-evaluation on a daily basis

IX. TYPICAL TEXTS:

1. Krause, Jerry. *Basketball Skills and Drills*. 3rd ed., Human Kinetics, 2017.
2. Correa, Joseph. *Creating the Ultimate Basketball Player*. 1st ed., Lulu Press Inc, 2015.
3. Official Rules of Basketball; NCAA Basketball Rules. Published annually

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Students will provide their own clothing, foot apparel, and nutrients for class participation.
- B. Court shoes or shoes approved by instructor