

Las Positas College
3000 Campus Hill Drive
Livermore, CA 94551-7650
(925) 424-1000
(925) 443-0742 (Fax)

Course Outline for KIN 41D

OFF SEASON INTERCOLLEGIATE WOMEN'S BASKETBALL

Effective: Spring 2019

I. CATALOG DESCRIPTION:

KIN 41D — OFF SEASON INTERCOLLEGIATE WOMEN'S BASKETBALL — 1.00 - 2.00 units

Students will practice the skills of dribbling, passing, shooting and defense necessary for competitive basketball play; put into practice the governing rules of basketball; learn about the appropriate terminology used in basketball and the safety procedures related to the game.

1.00 - 2.00 Units Lab

Grading Methods:

Letter Grade

Discipline:

- Coaching

	<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: 4

III. PREREQUISITE AND/OR ADVISORY SKILLS:

IV. MEASURABLE OBJECTIVES:

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

- Identify safety procedures (warm up) for playing basketball
- Describe and discuss the terminology and language used in basketball
- Explain the different styles of basketball training
- Apply fair play, good sportsmanship and leadership qualities
- Recall basic technical skills, such as dribbling, passing, shooting and defending
- Interpret the strategies and formations being used by teams in a basketball game

V. CONTENT:

- Safety procedures (warm up) for playing basketball
- Terminology and language used in basketball
- Various different styles of basketball training
- Fair play, good sportsmanship and leadership qualities
- Basic technical skills, such as dribbling, passing, shooting and defending
- Strategies and formations used by teams in a basketball game

VI. METHODS OF INSTRUCTION:

- Demonstration** - Participatory exercises to demonstrate various skills used in a basketball game
- Audio-visual Activity** - Audio-visual Activity – Watching basketball games to recognize the different strategies and formations used by the teams
- Simulations** - Warm up exercises related to safety procedures
- Lecture** - Lecture - Terminology and language used in basketball games

VII. TYPICAL ASSIGNMENTS:

- Skills assessment on dribbling, passing, shooting
- Team and individual video watching to recognize different strategies and formations used by the teams

VIII. EVALUATION:

Methods/Frequency

- Simulation
assessed daily
- Class Participation
assessed daily

IX. TYPICAL TEXTS:

- Cole, Brian, and Rob Paraniello. *Basketball Anatomy*. 1 ed., Human Kinetics, 2016.

2. Bushman, Barbara. *ACSM's Complete Guide to Fitness & Health Image Bank*. 2nd ed., Human Kinetics, 2017.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

A. Gym shorts or sweats, t-shirt and tennis shoes.