

Las Positas College
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Course Outline for KIN 31D

OFF SEASON INTERCOLLEGIATE MEN'S BASKETBALL

Effective: Fall 2018

I. CATALOG DESCRIPTION:

KIN 31D — OFF SEASON INTERCOLLEGIATE MEN'S BASKETBALL — 0.50 - 2.00 units

Students will practice the skills of passing, dribbling, shooting, cutting, screening and defensive fundamentals that are necessary for competitive basketball play. Students will learn the governing rules of basketball, learn the appropriate terminology used in basketball and the safety procedures related to the game.

0.50 - 2.00 Units Lab

Grading Methods:

Letter Grade

Discipline:

- Coaching

	<u>MIN</u>	<u>MAX</u>
Lab Hours:	27.00	108.00
Total Hours:	27.00	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 opposing teams in a competitive basketball game

V. CONTENT:

- Safety procedures for playing basketball;
- Governing rules, 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, cutting, screening and defending;
- Strategies and formations used by college teams in competitive basketball play.

VI. METHODS OF INSTRUCTION:

- Audio-visual Activity** - watch basketball video skills and drill, and games to recognize the different strategies, formations, drills for dribbling and shooting used by college teams.
- Simulations** - Warm up exercises related to basketball conditioning for the safety of the players.
- Discussion** - discuss terminology and language used in basketball game play.
- Demonstration** - Participatory exercises to demonstrate various skills used in basketball.

VII. TYPICAL ASSIGNMENTS:

- Skills and assessment on dribbling, shooting, foot work, passing and screening
- Team and individual video watching to recognize different strategies and formations used by college teams
- Stretching and proper warm up techniques for safe and effective basketball play
- Oral presentations

VIII. EVALUATION:

A. **Methods**

- Class Participation
- Lab Activities
- Class Performance

B. **Frequency**

- Four times per week, students will demonstrate on court activities such as pivot drills, foot work drills, passing and shooting.

2. Daily evaluation and assessment will take place in each class.
3. Class performance will be evaluated by the instructor from daily participation.
 - a. Students will also be able to gauge their level of performance through self evaluation and application of skills being taught.

IX. TYPICAL TEXTS:

1. NCAA Basketball Rules and Interpretations. *The National Collegiate Athletic Association...*, NCAA, 2018.
2. Correa, Joseph. *Creating the Ultimate Basketball Player*. 1st ed., Lulu Press Inc, 2015.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Students should be ready to participate in basketball, wearing t-shirt, shorts, socks and basketball shoes.