

Las Positas College
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Course Outline for KIN 41

WOMEN'S INTERCOLLEGIATE BASKETBALL

Effective: Fall 2006

I. CATALOG DESCRIPTION:

KIN 41 — WOMEN'S INTERCOLLEGIATE BASKETBALL — 5.00 units

Training for intercollegiate competition. Daily practice.

5.00 Units Lab

Grading Methods:

Discipline:

	<u>MIN</u>
Lab Hours:	270.00
Total Hours:	270.00

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:

- A. Compete with fellow students in intercollegiate basketball;
- B. Demonstrate advanced skills of basketball;
- C. Develop a high level of physical conditioning;
- D. Play the game of basketball at an advanced level;
- E. Obtain a body of knowledge related to the game of basketball;
- F. Demonstrate leadership, team play, sportsmanship and other social values related to team competition;
- G. Access and interpret information presented in the Team Handbook;
- H. Explain the eligibility requirements as outlined by the Commission on Athletics Constitution and the basketball supplement.
 - I. Note – Students who are not eligible for game competition under the provisions of the Community College League of California's Commission on Athletics may take the course for unit credit, but will not be permitted to enter competition.

V. CONTENT:

- A. Pre-season conditioning and fitness
- B. Early season team preparation
 - 1. Equipment
 - 2. Team rules
 - 3. Eligibility, school unit requirements and academic performance
 - 4. Physicals
- C. Practice
 - 1. Warm-ups
 - 2. Team drills
 - 3. Individual skill development
 - 4. Offensive strategies
 - 5. Defensive strategies
 - 6. Cool-down
- D. Intercollegiate competition
- E. Evaluation and Post Season
 - 1. All League Invitational awards
 - 2. Post season participation
 - 3. Banquet

VI. METHODS OF INSTRUCTION:

- A. Daily practice 1. Coaching 2. Individual and group activities
- B. Team Meetings 1. Pre-game 2. Post-game
- C. **Demonstration** -
- D. **Lecture** -
- E. Video Analysis 1. Practice sessions 2. Game analysis

VII. TYPICAL ASSIGNMENTS:

- A. Participate in practice session activities
- B. Participate in drills
- C. Participate in game competition

VIII. EVALUATION:

A. **Methods**

1. Other:

a. Methods

1. Skill improvement

- a. Demonstration and progress in passing, shooting, ball-handling.
- b. Demonstrate ability to adapt to different game situations and perform various offensive and defensive strategies.
- c. Demonstrate ability to work and compete with others in a positive manner within a team environment.

B. **Frequency**

1. Frequency

- a. Daily practice
- b. Competitions as scheduled
- c. Travel as required for competition

IX. TYPICAL TEXTS:

- 1. Las Positas College Intercollegiate Athletics Team Handbook

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Protective equipment, including basic athletic underclothing and shoes.
- B. (Note – the Intercollegiate Athletics program furnishes practice and game uniforms)