

Course Outline for KIN 41A

PRE-SEASON CONDITIONING FOR INTERCOLLEGIATE BASKETBALL (WOMEN'S)

Effective: Spring 2015

I. CATALOG DESCRIPTION:

KIN 41A — PRE-SEASON CONDITIONING FOR INTERCOLLEGIATE BASKETBALL (WOMEN'S) — 1.00 - 2.00 units

This course is designed to provide the student with an opportunity to develop the skills and physical conditioning, along with the understanding of basketball at the advanced level in preparation for intercollegiate competition. 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. Fall semester.

1.00 - 2.00 Units Lab

Grading Methods:

Letter Grade

Discipline:

	MIN	MAX
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:

- A. demonstrate advanced sportsmanship through the appropriate application of the rules involved with the game of basketball;
- B. demonstrate advanced skills required for intercollegiate basketball, e.g. passing, dribbling, shooting while being defended;
- C. execute offensive and defensive strategies used in basketball;
- D. experience team cooperation and proper conduct commonly performed in the game of basketball;
- E. develop and / or maintain a level of fitness needed to participate at the intercollegiate level; and
- F. analyze the inherent risks involved with basketball (e.g. ankle sprain) and participate in a safe and wise manner.

V. CONTENT:

- A. Explanation and demonstration of rules and proper conduct associated with intercollegiate basketball
- B. Participation in scrimmage and game situations
- C. Discussion of game strategies and rule interpretations
- D. Instruction on court dimensions and game equipment
- E. Proper warm up, conditioning and cool down activities utilized in basketball to avoid common injuries
- F. Participation in advanced skill development and drills associated to basketball at the intercollegiate level
- G. Participation in a "hands on" experience via participation in actual games.

VI. METHODS OF INSTRUCTION:

- A. **Audio-visual Activity** - A. Audio-visual Activity - Internet educational programs B. Demonstration - C. Discussion - concerning strategies involved with intercollegiate basketball D. Individualized Instruction - drills for skill amelioration E. Lecture - F. Simulations - participation in scrimmages and game situations
- B. **Demonstration** - C. SkillBuildingExercise 1. Students participate in warm-ups running drills with ball. 2. Position Breakdown Drills (perimeter players work on dribbling, while post players work on post moves)
- C. **Demonstration** - Class divides up into groups and is given instructions on dribbling. Behind the back, between the legs, crossover dribble, ambidextrous, where to focus vision of eyes, etc. 3. Class performs dribble drill via instructor's whistle commands and instructions 4. Class progresses to more advanced and diversified ways to dribble ball such as dribbling while being defended or leading the fast-break in 2 on 1 or 3 on 2 drills. 5. Students practice shooting in competitive "game-like" situations (catch and shoot, shots off the dribble, shooting while being defended)
- D. **Demonstration** - Dribbling, shooting, passing, defense will all be covered via these methods

VII. TYPICAL ASSIGNMENTS:

- A. Lecture/Demonstration
 - 1. Dribbling Drills
- B. Class participation in dribbling drill
 - 1. Class divides up into groups and is given instructions on dribbling. Behind the back, between the legs, crossover dribble, ambidextrous, where to focus vision of eyes, etc.
 - 2. Class performs dribble drill via instructor's whistle commands and instructions
 - 3. Class progresses to more advanced and diversified ways to dribble ball such as dribbling while being defended or leading the

fast-break in 2 on 1 or 3 on 2 drills.

4. Students practice shooting in competitive "game-like" situations (catch and shoot, shots off the dribble, shooting while being defended)

C. SkillBuildingExercise

1. Students participate in warm-ups running drills with ball.
2. Position Breakdown Drills (perimeter players work on dribbling, while post players work on post moves)

VIII. EVALUATION:

A. **Methods**

1. Simulation
2. Class Participation
3. Lab Activities
4. Class Performance

B. **Frequency**

1. Daily evaluation of student's progress and participation
2. Student's self-evaluation

IX. TYPICAL TEXTS:

1. CCCAA *California community College Athletic Association. CCCAA Constitution and Bylaws.* CCCAA ., CCCAA, 2012.
2. NCAA A. *National Collegiate Athletic Association (2011)...*, NCAA, 2013.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Shorts, T-Shirt, Basketball Shoes