

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

Course Outline for KIN 41C

SPRING INTERCOLLEGIATE BASKETBALL - WOMEN

Effective: Spring 2017

I. CATALOG DESCRIPTION:

KIN 41C — SPRING INTERCOLLEGIATE BASKETBALL - WOMEN — 1.50 units

Training for intercollegiate competition. Daily practice. Spring Semester

1.50 Units Lab

Grading Methods:

Letter Grade

Discipline:

	<u>MIN</u>
Lab Hours:	81.00
Total Hours:	81.00

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 offensive team concepts
- B. Apply advanced defensive skills
- C. Demonstrate a high level of physical conditioning;
- D. Demonstrate leadership, team play, and sportsmanship throughout intercollegiate competition
- E. Understand the importance of post season participation

V. CONTENT:

- A. Practice
 - 1. Warm-ups
 - 2. Team drills
 - 3. Individual skill development
 - 4. Offensive strategies
 - 5. Defensive strategies
 - 6. Cool-down
- B. Intercollegiate competition
- C. Evaluation and Post Season
 - 1. All League Invitational awards
 - 2. Post season participation
 - 3. Banquet
 - 4. Team Awards

VI. METHODS OF INSTRUCTION:

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

VII. TYPICAL ASSIGNMENTS:

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

VIII. EVALUATION:

A. **Methods**

- 1. Class Participation

2. Class Performance

3. 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. Participation

a. Daily Practice

2. Class Performance

a. Scheduled competition

IX. TYPICAL TEXTS:

1. National Collegiate Athletic Association. *2015-2016 Women's Basketball Rules*. First ed., NCAA, 2014.

2. Hoffman, Jay. *Physiological Aspects of Sport Training and Performance*. First ed., Human Kinetics, 2014.

3. 2015 - 2016 CCCAA Constitution

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)