

Las Positas College
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Course Outline for KIN 41B

FALL INTERCOLLEGIATE BASKETBALL - WOMEN

Effective: Fall 2016

I. CATALOG DESCRIPTION:

KIN 41B — FALL INTERCOLLEGIATE BASKETBALL - WOMEN — 1.50 units

Training for intercollegiate competition. Daily practice. Fall 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 and interpret information presented in the Team Handbook;
- B. Demonstrate advanced concepts with fellow teammates in intercollegiate basketball;
- C. Demonstrate advanced skills of basketball;
- D. Develop a high level of physical conditioning;
- E. Demonstrate leadership, team play, sportsmanship and other social values related to team competition;

V. CONTENT:

- A. Early season team preparation
 - 1. Equipment
 - 2. Team rules
 - 3. Eligibility, school unit requirements and academic performance
 - 4. Physicals
 - 5. Team Tryouts
- B. Practice
 - 1. Warm-ups
 - 2. Team drills
 - 3. Individual skill development
 - 4. Offensive strategies
 - 5. Defensive strategies
 - 6. Cool-down
- C. Intercollegiate competition

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*. 2nd ed., Human Kinetics, 2014.
3. 2014 - 2015 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)