

Las Positas College  
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## Course Outline for KIN BK2

### BASKETBALL 2

Effective: Fall 2018

#### I. CATALOG DESCRIPTION:

KIN BK2 — BASKETBALL 2 — 1.00 - 2.00 units

This course is designed to provide the student with an opportunity to develop the skills and understanding of basketball at the advanced level. 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.

1.00 - 2.00 Units Lab

#### **Strongly Recommended**

KIN BK1 - Basketball 1  
with a minimum grade of C

#### **Grading Methods:**

Letter or P/NP

#### **Discipline:**

- Physical Education

**Family:** Kinesiology Basketball

	<b>MIN</b>	<b>MAX</b>
<b>Lab Hours:</b>	54.00	108.00
<b>Total Hours:</b>	54.00	108.00

#### II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 1

#### III. PREREQUISITE AND/OR ADVISORY SKILLS:

**Before entering this course, it is strongly recommended that the student should be able to:**

##### A. KINBK1

1. Explain the rules involved with the game of basketball
2. Demonstrate basic skills required in basketball, e.g. passing, dribbling, shooting

#### 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 in basketball, e.g. passing, dribbling, shooting while being defended;
- C. Execute offensive and defensive strategies used in basketball;
- D. Understand and 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 in the sport of basketball;
- F. Analyze the inherent risks involved with basketball (e.g. turned ankle) and participate in a safe and wise manner.

#### V. CONTENT:

- A. Explanation and demonstration of rules associated with 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 and warm down activities utilized in basketball;
- 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. Individual and small group drills for skill amelioration;
- B. Group and team discussions concerning strategies involved with basketball;
- C. Student participation in scrimmages and game situations;
- D. Use of audio visual and Internet educational programs;

#### 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. Skill Building Exercise
  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. Exams/Tests
2. Class Participation
3. Class Performance

##### B. **Frequency**

1. Final exam via written and physical skills tests
2. Daily evaluation of student's progress/ participation level by instructor
3. Student's self-evaluation on a daily basis

#### IX. TYPICAL TEXTS:

1. Krause, Jerry. *Basketball Skills and Drills*. 3rd ed., Human Kinetics, 2017.
2. Correa, Joseph. *Creating the Ultimate Basketball Player*. 1st ed., Lulu Press Inc, 2015.
3. Official Rules of Basketball; NCAA Basketball Rules. Published annually

#### X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Students will provide their own clothing, foot apparel, and nutrients for class participation.
- B. Court shoes or shoes approved by instructor