

Las Positas College  
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### Course Outline for KIN 41D

#### OFF SEASON INTERCOLLEGIATE WOMEN'S BASKETBALL

Effective: Spring 2014

#### I. CATALOG DESCRIPTION:

KIN 41D — OFF SEASON INTERCOLLEGIATE WOMEN'S BASKETBALL — 0.50 - 2.00 units

Students will practice the skills of dribbling, passing, shooting and defense necessary for competitive basketball play; put into practice the governing rules of basketball; learn about the appropriate terminology used in basketball and the safety procedures related to the game.

0.50 - 2.00 Units Lab

#### Grading Methods:

Letter Grade

#### Discipline:

|                     | <u>MIN</u> | <u>MAX</u> |
|---------------------|------------|------------|
| <b>Lab Hours:</b>   | 27.00      | 108.00     |
| <b>Total Hours:</b> | 27.00      | 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:**

1. Identify safety procedures (warm up) for playing basketball;
2. Describe and discuss the terminology and language used in basketball;
3. Explain the different styles of basketball training.
4. Apply fair play, good sportsmanship and leadership qualities;
5. Recall basic technical skills, such as dribbling, passing, shooting and defending.
6. Interpret the strategies and formations being used by teams in a basketball game

#### V. CONTENT:

**Upon completion of this course, the student should be able to:**

- A. Safety procedures (warm up) for playing basketball;
- B. Terminology and language used in basketball;
- C. Various different styles of basketball training.
- D. Fair play, good sportsmanship and leadership qualities;
- E. Basic technical skills, such as dribbling, passing, shooting and defending.
- F. Strategies and formations used by teams in a basketball game

#### VI. METHODS OF INSTRUCTION:

- A. **Demonstration** - Participatory exercises to demonstrate various skills used in a basketball game
- B. **Audio-visual Activity** - Audio-visual Activity – Watching basketball games to recognize the different strategies and formations used by the teams
- D. **Simulations** - Warm up exercises related to safety procedures
- E. **Lecture** - Lecture - Terminology and language used in basketball games

#### VII. TYPICAL ASSIGNMENTS:

- A. Skills assessment on dribbling, passing, shooting
- B. Team and individual video watching to recognize different strategies and formations used by the teams
- C. Plan safe warm up exercises for a basketball game
- D. Oral Presentation

VIII. EVALUATION:

A. **Methods**

1. Simulation
2. Class Participation
3. Class Work
4. Class Performance

B. **Frequency**

Daily evaluation and assessment in class

IX. TYPICAL TEXTS:

1. NCAA Academic and membership staff. The National Collegiate Athletic Association. NCAA , 2012.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Gym shorts or sweats, t-shirt and tennis shoes.