

Las Positas College
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Course Outline for KIN 31B

FALL INTERCOLLEGIATE MEN'S BASKETBALL

Effective: Fall 2018

I. CATALOG DESCRIPTION:

KIN 31B — FALL INTERCOLLEGIATE MEN'S BASKETBALL — 1.50 units

Basketball training for intercollegiate competition. Daily practice for advanced skill development will occur. Fall semester.

1.50 Units Lab

Grading Methods:

Letter Grade

Discipline:

- Coaching

	<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 concepts with fellow teammates in intercollegiate basketball;
- B. Demonstrate advanced skills of basketball;
- C. Develop a high level of physical conditioning;
- D. Demonstrate leadership, team play, sportsmanship and other social values related to team competition;
- E. Explain the eligibility requirements as outlined by the California Community College Athletic Association Constitution and the basketball supplement.

V. CONTENT:

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

VI. METHODS OF INSTRUCTION:

- A. Video Analysis 1. Practice sessions 2. Game analysis
- B. Team Meetings 1. Pre-game 2. Post-game
- C. 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. Lab Activities

- 3. Class Performance
- B. **Frequency**
 - 1. Participation/Lab Activities
 - a. Daily practice and mastery of skills
 - 2. Class Performance/Lab Activities
 - a. Scheduled competitions

IX. TYPICAL TEXTS:

- 1. NCAA Basketball Rules and Interpretations. *2017-18 Men's Basketball Rules*. First ed., NCAA, 2017.
- 2. Hoffman, Jay. *Physiological Aspects of Sport Training and Performance*. 2nd ed., Human Kinetics, 2014.
- 3. Goodson, Ryan. *Basketball Essentials*. 1st ed., Human Kinetics, 2016.
- 4. 2016-2017 California Community College Athletic Association (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)