

Las Positas College
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Course Outline for KIN 31C

SPRING INTERCOLLEGIATE BASKETBALL - MEN

Effective: Spring 2017

I. CATALOG DESCRIPTION:

KIN 31C — SPRING INTERCOLLEGIATE BASKETBALL - MEN — 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 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 and Post Season
 - 1. All League Individual awards
 - 2. Post season participation
 - 3. Banquet

VI. METHODS OF INSTRUCTION:

- A. **Demonstration** -
- B. **Lecture** -
- 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 competitions

IX. TYPICAL TEXTS:

1. National Collegiate Athletic Association. *2015-16 Men's Basketball Rules*. 2nd ed., NCAA, 2014.
2. Hoffman, Jay. *Physiological Aspects of Sport Training and Performance*. First ed., Human Kinetics, 2014.
3. 2015-2016 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)