

Las Positas College  
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### Course Outline for KIN 31B

#### FALL INTERCOLLEGIATE BASKETBALL - MEN

Effective: Fall 2013

#### I. CATALOG DESCRIPTION:

KIN 31B — FALL INTERCOLLEGIATE BASKETBALL - MEN — 1.00 units

Training for intercollegiate competition. Daily practice. Fall semester.

1.00 Units Lab

#### Grading Methods:

Letter Grade

#### Discipline:

	<u>MIN</u>
<b>Lab Hours:</b>	54.00
<b>Total Hours:</b>	54.00

#### 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. Identify and describe information presented in the Team Handbook;
- F. Explain the eligibility requirements as outlined by the Commission on Athletics 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. **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 (2011). *2012-13 Men's Basketball Rules*. : NCAA.
2. 2012 Las Positas College Intercollegiate Athletics Team Handbook
3. 2012-2013 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)