

Las Positas College
3000 Campus Hill Drive
Livermore, CA 94551-7650
(925) 424-1000
(925) 443-0742 (Fax)

Course Outline for KIN 41D

OFF SEASON INTERCOLLEGIATE WOMEN'S BASKETBALL

Effective: Spring 2015

I. CATALOG DESCRIPTION:

KIN 41D — OFF SEASON INTERCOLLEGIATE WOMEN'S BASKETBALL — 1.00 - 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.

1.00 - 2.00 Units Lab

Grading Methods:

Letter Grade

Discipline:

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

- A. Identify safety procedures (warm up) for playing basketball;
- B. Describe and discuss the terminology and language used in basketball;
- C. Explain the different styles of basketball training.
- D. Apply fair play, good sportsmanship and leadership qualities;
- E. Recall basic technical skills, such as dribbling, passing, shooting and defending.
- F. Interpret the strategies and formations being used by teams in a basketball game

V. CONTENT:

- 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.