

Las Positas College  
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## Course Outline for KIN BKL

### BASKETBALL LEAGUE

Effective: Summer 2008

#### I. CATALOG DESCRIPTION:

KIN BKL — BASKETBALL LEAGUE — 0.50 - 2.00 units

This multi-level course is designed to provide the student with an opportunity to develop the basic skills and understanding of basketball. Skills such as dribbling, passing, shooting, defensive and offensive strategies will be presented and practiced in a team setting. Team play and sportsmanship are important priorities that are emphasized in this class.

0.50 - 2.00 Units Lab

#### Grading Methods:

#### 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:**

- A. Demonstrate sportsmanship through the appropriate application of the rules involved with the game of basketball;
- B. Demonstrate basic skills required in basketball, e.g. passing, dribbling, shooting while playing in a game-like situation;
- C. Demonstrate knowledge of team offensive and defensive strategies used in basketball;
- D. Understand and experience team cooperation and proper conduct (sportsmanship) commonly performed in the game of basketball;
- E. Develop and/or maintain a level of fitness needed to participate in the sport of basketball;
- F. Analyze the inherent risks involved with basketball (e.g. turned ankle) and participate in a safe and wise manner.

#### V. CONTENT:

- A. Explanation and demonstration of rules associated with basketball;
- B. Participation in scrimmage and game situations;
- C. Discussion of game strategies and rule interpretations;
- D. Instruction on court dimensions and game equipment;
- E. Proper warm up and warm down activities utilized in basketball;
- F. Participation in skill development and drills associated to basketball;
- G. Participation in a "hands on" experience via participation in actual games.

#### VI. METHODS OF INSTRUCTION:

- A. **Lecture** -
- B. **Demonstration** -
- C. Group and team discussions concerning strategies involved with basketball;
- D. Use of audio visual and intranet educational programs;
- E. Student participation in scrimmages and game situations;
- F. Individual and small group drills for skill amelioration;

#### VII. TYPICAL ASSIGNMENTS:

- A. Lecture/Demonstration 1. Demonstration of team defensive concepts a. man to man defense (weakside / strongside) b. zone defense (even front / odd front) 2. Demonstration of team offensive concepts a. Motion Offense b. Structured Offenses (Flex / Passing Game) 3. Demonstration of Full-Court Pressure Defense (Man to Man / Zone) B. Skill Building Exercise 1. Students participate in warm-ups running drills with ball that emphasize game-like situations (fast break drills: 2 on 1 / 3 on 2). 2. Shooting Drills (2-man and 3-man) with a defender to simulate game-like situations.

#### VIII. EVALUATION:

##### A. **Methods**

- 1. Exams/Tests
- 2. Class Participation
- 3. Other:
  - a. Method of Evaluation

1. Student Participation
  - a. Participation is evaluated daily
2. Skill tests as utilized in basketball. (e.g. dribble timed test.)
3. Final Exam

**B. Frequency**

1. Frequency of Evaluation
  - a. Daily evaluation of student's progress and participation
  - b. Student's self-evaluation

**IX. TYPICAL TEXTS:**

1. Official Rules of Basketball; NCAA Basketball Rules. Published annually

**X. OTHER MATERIALS REQUIRED OF STUDENTS:**

- A. Students will provide their own clothing, foot apparel, and nutrients for class participation.
- B. Court shoes or shoes approved by instructor