

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

#### SPRING INTERCOLLEGIATE MEN'S BASKETBALL

Effective: Fall 2018

#### I. CATALOG DESCRIPTION:

KIN 31C — SPRING INTERCOLLEGIATE MEN'S BASKETBALL — 1.50 units

Basketball training for intercollegiate competition. Daily practice for advanced skill learning will occur. Spring semester.

1.50 Units Lab

#### Grading Methods:

Letter Grade

#### Discipline:

- Coaching

	<u>MIN</u>
<b>Lab Hours:</b>	81.00
<b>Total Hours:</b>	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. Daily practice 1. Coaching 2. Individual and group activities
- B. Video Analysis 1. Practice sessions 2. Game analysis
- C. Team Meetings 1. Pre-game 2. Post-game

#### 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. Hoffman, Jay. *Physiological Aspects of Sport Training and Performance*. First ed., Human Kinetics, 2014.
2. NCAA Basketball Rules and Interpretations. *2017-18 Men's Basketball Rules*. 2nd ed., NCAA, 2017.
3. 2017-2018 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)