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Semester effective: Spring 2020

Physical Education (PHED) 1734 Offseason Intercollegiate Basketball and Physical Fitness (1 or 2 units per semester; limit 8 units) CSU

Prerequisite: None

Hours and Unit Calculations:

Total Contact Hours: 48 lab hours (48 Total Student Learning Hours) 1 Unit; 96 lab hours (96 Total Student Learning Hours) 2 Units

Catalog Description: This offseason intercollegiate course is designed to improve understanding of the fundamentals of basketball. The instructional aspects of basketball are combined with a special basketball conditioning program. This course is designed for those students who desire to compete in intercollegiate athletics and may be limited to those who present the necessary physical and mental fitness. Sufficient skill to reduce the likelihood of injury is also required. The passing of medical and physical examinations and the consent of the coach are necessary before enrollment.

Type of Class/Course: Degree Credit

Text:

Brown, Lee E. and Ferrigno, Vance A. *Training for Speed, Agility and Quickness*. 3rd ed., Human Kinetics, 2014.

Kielbaso, J. *Ultimate Speed and Agility: Drills and Techniques for Athleticism*. 2nd ed., Crew Press, 2011.

Additional Instructional Materials: Basketball equipment

Course Objectives:

By the end of the course, a successful student will be able to:

1. Improve offseason fundamentals of basketball:
 - a. Footwork,
 - b. Body Balance and Control,
 - c. Ball Handling,
 - d. Passing and Receiving,
 - e. Dribbling,
 - f. Rebounding,
 - g. Shooting,
 - h. Defense,
2. Improve quickness, strength, cardiovascular, and
3. Improve overall physical fitness

Course Scope and Content (Laboratory):

- Unit I Offseason Conditioning
 - A. Quickness
 - B. Strength
 - C. Cardiovascular
 - D. Endurance

- Unit II Fundamental Skills
 - A. Footwork
 - B. Body Balance and Control
 - C. Ball Handling
 - D. Passing and Receiving
 - E. Dribbling
 - F. Rebounding
 - G. Shooting
 - H. Defense

- Unit III Basic Rules of the Game
 - A. Offense
 - B. Defense
 - C. Sportsmanship and ethics

- Unit IV Team Basketball Strategy
 - A. Offensive Systems
 - B. Defensive Systems

Learning Activities Required Outside of Class:

The students in this class will spend a minimum of 1 hour per week outside of the regular class time doing the following:

1. Skill practice,
2. Studying multimedia presentations, and
3. Reading of the textbook.

Methods of Instruction:

1. Practice of:
 - a. Individual skills,
 - b. Game,
2. Demonstration,
3. Oral instruction, and
4. Multimedia.

Methods of Evaluation:

1. Skill demonstrations, including:
 - a. Performance exams,
 - b. Scrimmages, and

2. Written work.

Supplemental Data:

TOP Code:	083550: Intercollegiate Athletics
SAM Priority Code:	E: Non-Occupational
Distance Education:	Not Applicable
Funding Agency:	Y: Not Applicable(funds not used)
Program Status:	I: Program Applicable
Noncredit Category:	Y: Not Applicable, Credit Course
Special Class Status:	N: Course is not a special class
Basic Skills Status:	N: Course is not a basic skills course
Prior to College Level:	Y: Not applicable
Cooperative Work Experience:	N: Is not part of a cooperative work experience education program
Eligible for Credit by Exam:	NO
Eligible for Pass/No Pass:	C: Pass/No Pass
Taft College General Education:	NONE
Discipline:	Health or PE or Kinesiology or Coaching