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Physical Education (PHED) 1508 Women's Intercollegiate Basketball (2 Units; limit 4 Units) CSU:UC [formerly Physical Education 8A]

Advisory: Experience in playing competitive basketball is desirable

Total Hours: 160 lab hours

Catalog Description: This course is designed for those students who possess the desire, ability and skills necessary 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 consent of the coach is necessary before enrollment. Prior to participation a student must get medical clearance through a physical examination and must meet eligibility requirements. Attendance at all scheduled practices and games are considered part of the course requirement unless the coach excuses the student.

Type of Class/Course: Degree Credit

Text: Brown L.and V.Ferrigno. *Training for Speed, Agility and Quickness*. 2nd Ed. Champaign, IL: Human Kinetics, 2005. Print.

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

Additional Instructional Materials: None

Course Objectives:

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

1. acquaint the student with knowledge of skills and strategies used in competitive basketball.
2. prepare the student for intercollegiate competition.
3. provide the student with practice games, to build depth and strength in their ability to compete in basketball.

Course Scope and Content:

Unit I Training and Conditioning for Basketball

- A. Quickness
- B. Strength
- C. Cardiovascular
- D. Endurance

Unit II Basic Skills Performed in Basketball

- A. Footwork



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- B. Body Balance and Control
- C. Ball Handling
- D. Passing and Receiving
- E. Dribbling
- F. Rebounding
- G. Shooting
- H. Defense

Unit III Rules and Strategies of Team Play

- A. Offense
- B. Defense
- C. Sportsmanship and ethics

Learning Activities Required Outside of Class:

The students in this class will spend a minimum of 2 hours 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:
 - A. Individual Skills
 - B. Game
- 2. Oral instruction
- 3. Demonstration
- 4. Multimedia

Methods of Evaluation:

- 1. Skill demonstrations, including:
 - A. Class performance
 - B. Intercollegiate games