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Physical Education (PHED) 1534 Basketball and Physical Fitness (2 Units) CSU:UC
[formerly Physical Education 34AB]

Prerequisite: None

Total Hours: 96 lab hours

Catalog Description: This activity course is designed to improve understanding of the fundamentals of basketball. The instructional aspects of basketball are combined with a special basketball conditioning program.

Type of Class/Course: Degree Credit

Text: Brown L., .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: Basketball equipment

Course Objectives:

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

1. Improve Basketball Skills
 - 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 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
 - 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.