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

Prerequisite: None

Total Hours: 48 lab hours for 1 unit; 96 lab hours for 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 L., Ferrigno V. *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 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.

