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Physical Education (PHED) 1534 Basketball and Physical Fitness (1 or 2 Units per semester) CSU:UC
[formerly Physical Education 34AB]

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 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, 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 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:

- 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.

Supplemental Data:

TOP Code:	083500: Physical Education
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:	NO
Taft College General Education:	NONE
Disciplines:	Health or PE or Kinesiology or Coaching