

# ATHL 0151 - INTERCOLLEGIATE BASKETBALL (M)

## Catalog Description

Formerly known as PHED 143

Prerequisite: Enrollment limitation: permission of instructor required; for students with advanced basketball skills, conditioning and previous competitive experience

Hours: 58 laboratory per unit

Description: Intercollegiate men's basketball competition conducted through NCAA and California Commission on Athletics rules. May be taken four times for credit. (CSU, UC-with unit limitation)

## Course Student Learning Outcomes

- CSLO #1: Perform and use advanced competitive basketball skills.
- CSLO #2: Identify, analyze and react to competitive situations orally and physically.
- CSLO #3: Perform a higher level of skills corresponding with course repetition.
- CSLO #4: Analyze the different strategies of zone and man to man defense.

## Effective Term

Fall 2020

## Course Type

Credit - Degree-applicable

## Contact Hours

58-174

## Outside of Class Hours

0

## Total Student Learning Hours

58-174

## Course Objectives

1. Analyze aspects of a quality basketball program as it relates to offensive strategies.
2. Identify the benefits of using non verbal hand signal calling system.
3. Evaluate defensive basketball strategies.
4. Develop a scouting report.
5. Analyze the mental game of basketball.
6. Demonstrate techniques used to shoot different jump shots.
7. Implement play calling strategies for a college basketball game.
8. Perform defensive signals used in a late game situation and align defensive players on the court.
9. Perform plays to defend in a zone and man a situation while on defense.
10. Demonstrate breathing techniques to use at the free throw line.
11. Perform the steps to defending the 3 point shot.

12. Demonstrate the details of on-ball defensive techniques used in the half court game.

## General Education Information

- Approved College Associate Degree GE Applicability
- CSU GE Applicability (Recommended-requires CSU approval)
- Cal-GETC Applicability (Recommended - Requires External Approval)
- IGETC Applicability (Recommended-requires CSU/UC approval)

## Articulation Information

- CSU Transferable
- UC Transferable

## Methods of Evaluation

- Classroom Discussions
  - Example: After analyzing and discussing opponents game film develop a scouting report and present it to the class. A rubric will be used to score the assignment.
- Skill Demonstrations
  - Example: Perform the steps to helping the helper. Video analysis will be used to assess the skill. Rubric grading.

## Repeatable

Yes

## Methods of Instruction

- Laboratory
- Distance Learning

Lab:

1. Discussion by the instructor on the various defensive scenarios. The students will examine the scenarios and discuss in small groups. (Objective 3)
2. Instructor will lead a discussion on pre-free throw preparation. (Objective 5)
3. Instructor will lead discussion and film analysis of various strategies and techniques. Students are expected to participate in the discussion. (Objective 1)
4. The students will perform plays to defend the end of game situations on defense. The instructor will evaluate the plays. (Objective 3)
5. The instructor will discuss how to hit an end of game free throw. The students will demonstrate the techniques used to make end of game free throws (Objective 5)
6. Instructor demonstrates techniques and strategies on the court and then leads students in repetition of them. (Objectives 1 & 3)

Distance Learning

1. The instructor will lecture on how to perform the steps to defending the 3 point shot. The students will outline the steps to defend a 3 point shot. (objective 11)

## Typical Out of Class Assignments Reading Assignments

1. Read Pat Riley's "The Winner Within" and differentiate between zone defense and man to man defense. Students should be prepared to

discuss in class. 2. Read and analyze various current periodicals and be prepared to discuss in class.

## **Writing, Problem Solving or Performance**

1. Evaluate game/practice performance from taped video by writing a 2 to 3 page examination. 2. Compose a 2-4 page essay summarizing your own strengths and weaknesses. 3. Identify three defensive strategies to defend a shooter. Prepare a written report on the three strategies. 4. Create a specific strategy attacking an odd numbered front zone during a college basketball game.

## **Other (Term projects, research papers, portfolios, etc.)**

### **Required Materials**

- Pistol: The Life of Pete Maravich
  - Author: Mark Kriegel
  - Publisher: Free Press
  - Publication Date: 2018
  - Text Edition:
  - Classic Textbook?: No
  - OER Link:
  - OER:
- Practical Modern Basketball
  - Author: John Wooden
  - Publisher: The Ronald Press Company
  - Publication Date: 2017
  - Text Edition: 3rd
  - Classic Textbook?: No
  - OER Link:
  - OER:

## **Other materials and-or supplies required of students that contribute to the cost of the course.**