

# KIN 0027 - RECREATIONAL BASKETBALL

## Catalog Description

Formerly known as PHED 23

Hours: 36 activity per unit

Description: Introduction to basketball as a recreational/cardio sport, designed to assist students in acquiring basic skills and increasing aerobic fitness, balance, and advanced fitness levels, while actively participating in basketball activities. (CSU, UC-with unit limitation)

## Course Student Learning Outcomes

- CSLO #1: Demonstrate fundamental skill in a competitive setting.
- CSLO #2: Compare and contrast basketball game strategies.
- CSLO #3: Analyze offensive strategies in a competitive setting.

## Effective Term

Fall 2019

## Course Type

Credit - Degree-applicable

## Contact Hours

18-72

## Outside of Class Hours

9-36

## Total Student Learning Hours

27-108

## Course Objectives

1. Outline the history of basketball since its inception;
2. Develop skills offensively; specifically form shooting, jump shots, dribbling and lay-ups;
3. Evaluate basketball game strategies, different presses and two forms of offenses (Zone and "man to man");
4. Perform in competitive situations using appropriate skills;
5. Identify and utilize the necessary fundamentals for individual defensive concepts and team zone defense;
6. Employ individual concepts of defense to a team defensive philosophy;
7. Prepare and demonstrate an offensive fundamental drill;
8. Prepare and demonstrate a defensive fundamental drill.

## General Education Information

- Approved College Associate Degree GE Applicability
  - AA/AS - Health Ed/Physical Ed
- CSU GE Applicability (Recommended-requires CSU approval)
  - CSUGE - E2 Physical Activity
- Cal-GETC Applicability (Recommended - Requires External Approval)
- IGETC Applicability (Recommended-requires CSU/UC approval)

## Articulation Information

- CSU Transferable
- UC Transferable

## Methods of Evaluation

- Skill Demonstrations
  - Example: 1. Students will be required to exhibit both offensive and defensive skills including: jump shots, lay-ups and boxing out for rebounds. 2. Students will apply basketball game strategies and game situations, different presses and offenses in competitive situations using appropriate skills. 3. Students will prepare and demonstrate both an offensive fundamental drill and a defensive fundamental drill.

## Repeatable

No

## Methods of Instruction

- Activity
- Distance Learning

Activity:

1. Instructor will present a lecture on the parameters used in goal setting in offensive production. In a group discussion, students will develop an example of a goal and an example of a parameter involved with that goal.
2. Instructor will present videos showing the proper techniques used for shooting. Students will be divided into small groups to demonstrate these techniques, developing peer coaching strategies with instructor support.

Distance Learning

1. Discussion by the instructor history of basketball. The students discuss this topic in small groups.
2. Instructor will lead a discussion on offensive fundamental skills. The students will discuss this topic in small groups.

## Typical Out of Class Assignments Reading Assignments

1. Read John Wooden's Pyramid of Success and discuss which principles are most important for personal growth in the game of basketball.
2. Read a sports medicine periodical and write a one page paper on common basketball related injuries.

## Writing, Problem Solving or Performance

1. Write a paper discussing the importance of repetition when developing consistency in shooting. 2. Write a paper comparing and contrasting the differences of man to man and zone defenses.

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

**Required Materials**

- The Basketball Psychology
  - Author: Danny Uribe
  - Publisher: CreateSpace Publishing
  - Publication Date: 2017
  - Text Edition: 1st
  - Classic Textbook?:
  - OER Link:
  - OER:

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