

# ATHL 0101 - BASKETBALL TRAINING

---

## Catalog Description

Formerly known as PHED 106

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

Hours: 58 laboratory per unit

Description: Stresses basketball training, skills, knowledge, strategy, and appreciation. Intended for students with varsity high school experience who are preparing for competitive intercollegiate basketball. May be taken four times for credit. (CSU, UC-with unit limitation)

## Course Student Learning Outcomes

- CSLO #1: Demonstrate offensive shooting skills.
- CSLO #2: Diagram basketball game strategies including different defenses and offensives.
- CSLO #3: Compare and contrast different motion offensives.
- CSLO #4: Apply the safety guidelines for basketball training.

## Effective Term

Summer 2020

## Course Type

Credit - Degree-applicable

## Contact Hours

29-174

## Outside of Class Hours

0

## Total Student Learning Hours

29-174

## Course Objectives

1. Analyze aspects of a quality basketball program as it relates to offensive strategies.
2. Identify the benefits of playing zone and man to man defense.
3. Evaluate defensive basketball strategies.
4. Develop a scouting report and present it to the class.
5. Analyze the mental game of basketball.
6. Demonstrate techniques used to guard drivers and shooters.
7. Implement play calling strategies for a college basketball game.
8. Perform defensive signals used in end of game situations.
9. Perform plays to defend end of shot clock situations while on defense.
10. Demonstrate breathing techniques to use in shooting a free throw during a college basketball game.
11. Perform the steps to attacking a 1-3-1 zone.
12. Demonstrate the ball handling techniques used in the dribble drive alignment.

## 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.
- Objective Examinations
  - Example: In a written examination, accurately use basketball terminology to describe NCAA rules.
- Reports
  - Example: Write and revise as necessary a three-page defensive evaluation. Paper will be graded based on a rubric developed by the instructor and shared with students.
- Skill Demonstrations
  - Example: Perform the steps to reading executing the correct read on an on-ball screen. Video analysis will be used to assess the skill. Pass/Fail 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-game preparation for on free throws. (Objective 5)
3. The students will perform exercises to defend the penetration game on defense. The instructor will evaluate the plays. (Objective 2)
4. The instructor will discuss how to attack a 1-3-1 zone defense. The students will demonstrate the techniques used to score against the zone defense. (Objective 6)

Distance Learning

1. The instructor will present an online lecture on evaluating defensive basketball strategies. The students will create a game plan using two different defensive strategies.(Objective 3)

## **Typical Out of Class Assignments**

### **Reading Assignments**

1. Read John Wooden's Pyramid of Success and discuss how it will help off the court as well as on the court. 2. Read any book of your choice about a college coach and be prepared to discuss in class.

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

1. Write about how you would break a full court man press. Give at least two examples and defend why you would choose to break the press this way. 2. Write your own Pyramid of Success after reading and researching John Wooden's Pyramid of Success. Explain each of the sections of the pyramid.

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

### **Required Materials**

- The Wisdom of Wooden: My Century On and Off the Court
  - Author: John Wooden
  - Publisher: McGraw Hill
  - Publication Date: 2018
  - 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.**