

College of San Mateo
Official Course Outline

1. **COURSE ID:** TEAM 111.4 **TITLE:** Basketball IV

Semester Units/Hours: 0.5 - 1.0 units; a minimum of 24.0 lab hours/semester; a maximum of 48.0 lab hours/semester

Method of Grading: Grade Option (Letter Grade or P/NP)

2. **COURSE DESIGNATION:**

Degree Credit

Transfer credit: CSU; UC

AA/AS Degree Requirements:

CSM - GENERAL EDUCATION REQUIREMENTS: E4: Physical Education

3. **COURSE DESCRIPTIONS:**

Catalog Description:

Instruction at an expert level in the rules, strategies and skills of basketball. Includes round-robin play during the last half of the semester.

4. **STUDENT LEARNING OUTCOME(S) (SLO'S):**

Upon successful completion of this course, a student will meet the following outcomes:

- A. Perform the fundamental skills necessary to perform and progress at an expert level in the sport of basketball.
- B. Identify and assess their current fitness level in order to improve body composition / flexibility / cardiovascular fitness / muscular endurance / muscular strength related to performance in the sport of basketball at an expert level.

5. **SPECIFIC INSTRUCTIONAL OBJECTIVES:**

Upon successful completion of this course, a student will be able to:

- A. Understand the rules and vocabulary of the game of basketball at an expert level.
- B. Use skills associated with playing basketball, such as ballhandling, passing, shooting, rebounding and defense at an expert level.
- C. Display an understanding of team offense in the half-court at an expert level.
- D. Display an understanding of team defense in the half-court at an expert level.
- E. Make the transition from offense to defense and vice versa at an expert level.
- F. Display an expert level of cardiovascular fitness required to play the game of basketball at an advanced level.
- G. Use critical thinking skills with regard to reading and reacting to teammates, as well as the opposition, at an expert level.

6. **COURSE CONTENT:**

Lab Content:

At an expert level:

- Footwork
- Ball Skills
 - Dribbling
 - Passing
- Shooting
 - Off the Pass
 - Off the Dribble
- Rebounding
 - Positioning
 - Offensive Rebounding
- Defense
 - Guarding the Ball
 - Help Defense
 - Team Defense
 - Full-Court Defense
- Team Play

- Half-Court Offense
- Half-Court Defense
- Transition
 - From Defense to Offense
 - From Offense to Defense
- Basketball Conditioning
- Self Assessment by Students

7. REPRESENTATIVE METHODS OF INSTRUCTION:

Typical methods of instruction may include:

- A. Lecture
- B. Observation and Demonstration
- C. Other (Specify): Other typical methods of instruction may include drills designed to improve cardiovascular fitness.

8. REPRESENTATIVE ASSIGNMENTS

Representative assignments in this course may include, but are not limited to the following:

Writing Assignments:

- Students will be required to write a 1 to 3 page self-assessment of their knowledge of team basketball.
- Final exam on rules, vocabulary and situations.

Reading Assignments:

- Students will be required to read 5-10 pages of hand-outs covering different concepts that will be covered in the class.

Other Outside Assignments:

- Students will perform numerous drills based on the skills covered.
- Students will apply principles learned in class in game situations utilizing critical thinking skills.

9. REPRESENTATIVE METHODS OF EVALUATION

Representative methods of evaluation may include:

- A. Class Participation
- B. Class Performance
- C. Exams/Tests
- D. Written examination
- E. Evaluation of student participation in active warm-up at an expert level. Evaluation of student performance in individual drills at an expert level. Evaluation of student performance in team drills at an expert level. Evaluation of student performance in game situations at an expert level. Evaluation of student performance on Physical Fitness Test at an expert level. Evaluation of student's critical thinking skills as they apply to understanding team concepts at an expert level. Evaluation of written exam to include knowledge of skill fundamentals, team strategies and game rules / vocabulary.

10. REPRESENTATIVE TEXT(S):

Possible textbooks include:

- A. Krauss, Jerry; Meyer, Don; Meyer, Jerry. *Basketball Skills and Drills*, 3rd ed. Champaign, Ill: Human Kinetics, 2009

Other:

- A. Instructor-generated applicable handouts.

Origination Date: January 2013
Curriculum Committee Approval Date: February 2013
Effective Term: Fall 2013
Course Originator: Andreas Wolf