

**College of San Mateo**  
**Official Course Outline**

1. **COURSE ID:** TEAM 111.1    **TITLE:** Basketball I  
**Units:** 0.5 -1.0 units    **Hours/Semester:** 24.0-54.0 Lab hours  
**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  
**CSU GE:**  
    CSU GE Area E: LIFELONG LEARNING AND SELF-DEVELOPMENT: E2
  
3. **COURSE DESCRIPTIONS:**  
**Catalog Description:**  
    Instruction at a beginning 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:
  1. Perform the fundamental skills necessary to perform and progress at a beginning level in the sport of basketball.
  2. Improve one or more: body composition, range of motion, overall body weight, resting heart rate, strength and endurance, and aerobic capacity at a beginning level.
  
5. **SPECIFIC INSTRUCTIONAL OBJECTIVES:**  
    Upon successful completion of this course, a student will be able to:
  1. Understand the rules and vocabulary of the game of basketball at a beginning level.
  2. Use skills associated with playing basketball, such as ballhandling, passing, shooting, rebounding and defense at a beginning level.
  3. Display an understanding of team offense in the half-court at a beginning level.
  4. Display an understanding of team defense in the half-court at a beginning level.
  5. Make the transition from offense to defense and vice-versa at a beginning level.
  6. Display a level of cardiovascular fitness required to play the game of basketball at a beginning level.
  7. Use critical thinking skills with regard to reading and reacting to teammates, as well as the opposition, at a beginning level.
  
6. **COURSE CONTENT:**  
**Lab Content:**  
    **At a beginning 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 15-30 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 a beginning level. Evaluation of student performance in individual drills at a beginning level. Evaluation of student performance in team drills at a beginning level. Evaluation of student performance in game situations at a beginning level. Evaluation of student performance on Physical Fitness Test at a beginning level. Evaluation of student's critical thinking skills as they apply to understanding team concepts at a beginning level. Evaluation of written exam to include knowledge of skill fundamentals, team strategies and game rules / vocabulary.

**10. REPRESENTATIVE TEXT(S):**

Other:

- A. Instructor-provided applicable handouts.

**Origination Date:** February 2017  
**Curriculum Committee Approval Date:** April 2017  
**Effective Term:** Fall 2017  
**Course Originator:** Andreas Wolf