

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

1. **COURSE ID:** TEAM 116    **TITLE:** Basketball: Individual Skill Development

**Units:** 0.5 -1.0 units    **Hours/Semester:** 24.0-54.0 Lab hours

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

**Recommended Preparation:**

Interscholastic basketball abilities recommended.

2. **COURSE DESIGNATION:**

**Degree Credit**

**Transfer credit:** CSU; UC

**CSU GE:**

CSU GE Area E: LIFELONG LEARNING AND SELF-DEVELOPMENT: E2

3. **COURSE DESCRIPTIONS:**

**Catalog Description:**

Designed to improve the individual skills of students wishing to play competitive basketball. Students will spend considerable time working on the fundamentals of the game: ball handling, passing and shooting. Students will take part in numerous basketball and conditioning drills.

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 an individual level in the sport of basketball.
2. Improve one or more: body composition, flexibility, cardiovascular fitness, muscular endurance and muscular strength related to performance in the sport of basketball.

5. **SPECIFIC INSTRUCTIONAL OBJECTIVES:**

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

1. Competently perform the fundamental skills of dribbling, passing and shooting.
2. Display an increased confidence with the basketball.
3. Possess and maintain an exceptional level of cardiovascular fitness.
4. Utilize critical thinking skills with regard to decision-making on the court and enhancing passing and dribbling angles.
5. Show good sportsmanship.

6. **COURSE CONTENT:**

**Lab Content:**

- Ball-Skill Development
  - Dribbling
  - Passing
  - Shooting
- Challenging Drills Focusing on Developing Both Strong and Weak Hand
- Full-Court Drills Connecting Basketball Skills with Conditioning
- Competitive Drills with Offense and Defense
- Self-Assessments by the Students

7. **REPRESENTATIVE METHODS OF INSTRUCTION:**

Typical methods of instruction may include:

- A. Lecture
- B. Lab
- C. Activity
- D. Critique
- E. Directed Study
- F. Discussion
- G. Individualized Instruction
- H. Observation and Demonstration

## 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 self-assessment of skill development during and at the conclusion of the course.
- Students will develop individual goals which will be reassessed periodically.

### Reading Assignments:

- Instructor generated handouts focusing on various components of the skills associated with basketball
  - Kinesthetic/biomechanical awareness
  - Physiological awareness associated with basketball
    - Flexibility
    - Strength
    - Cardiovascular conditioning (primarily anaerobic)

### Other Outside Assignments:

- Students will be asked to perform numerous ball handling, passing, and shooting drills.
- Students will take part in drills competing against other classmates or against time restraints.
- Students will take part in drills emphasizing cardiovascular fitness.
- Students will participate in drills which require them to make decisions under pressure.

## 9. REPRESENTATIVE METHODS OF EVALUATION

Representative methods of evaluation may include:

- A. Class Participation
- B. Class Performance
- C. Class Work
- D. Exams/Tests
- E. Group Projects
- F. Lab Activities
- G. Projects
- H. Quizzes
- I. Evaluation of student participation in active warm-up. Evaluation of student performance in dribbling, passing, and shooting drills. Evaluation of student's critical thinking skills as they apply to successfully completing drills and reading the defense in competitive situations. Evaluation of fitness test performance. Evaluation of student performance in final skills test.

## 10. REPRESENTATIVE TEXT(S):

Other:

- A. Applicable hand-outs at instructor's discretion

**Origination Date:** February 2017

**Curriculum Committee Approval Date:** April 2017

**Effective Term:** Fall 2017

**Course Originator:** Andreas Wolf