

**College of San Mateo
Official Course Outline**

1. **COURSE ID:** TEAM 118 **TITLE:** Advanced Basketball
Units: 0.5 - 3.0 units **Hours/Semester:** 24.0-162.0 Lab hours
Method of Grading: Grade Option (Letter Grade or Pass/No Pass)
Recommended Preparation:
 Interscholastic basketball

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:
 Course designed for potential student-athletes to pursue advanced knowledge and application of the philosophy, strategies, techniques, and instruction necessary to be successful in the sport of basketball. May be taken four times for a maximum of 12 units.

4. **STUDENT LEARNING OUTCOME(S) (SLO'S):**
 Upon successful completion of this course, a student will meet the following outcomes:
 1. To develop the student's overall physical fitness.
 2. Demonstrate knowledge of the sport of basketball.
 3. Develop the qualities of sportsmanship, cooperation, team work, and initiative.

5. **SPECIFIC INSTRUCTIONAL OBJECTIVES:**
 Upon successful completion of this course, a student will be able to:
General Objectives :
 1. To teach the skills and techniques of basketball which allow students athletes to successfully compete in intercollegiate basketball. The achievement standard is to play the game reasonably well and derive enjoyment from participating.**Specific Objectives :**
 1. To develop the student's overall physical fitness.
 2. To develop the knowledge of body balance, power, and endurance.
 3. To develop the student's understanding of physical coordination.
 4. To develop the student's knowledge and ability for critical thinking to use the skills and techniques required for participation
 5. To develop skill in dribbling, passing, and ball handling
 6. To develop skill in shooting and rebounding.
 7. To develop skill in foot movement, and defensive body positioning.
 8. To develop a total understanding of team offense and defense.
 9. To understand the rules and knowledge of the game.

6. **COURSE CONTENT:**
Lab Content:
 - Orientation, class grading, attendance policy, care of equipment, and use of facilities.
 - Basketball rules and regulation
 - Safety rules during class play
 - Fundamentals of:
 1. Passing
 - A. Long
 - B. Short
 2. Dribbling
 - A. Right handed
 - B. Left handed

- C. With pressure
- 3. Shooting
 - A. Short range
 - B. Long range
- 4. Pivoting
 - A. While dribbling
 - B. While defending
- 5. Rebounding
 - A. Offensive
 - B. Defensive
- 6. Guarding
- 7. Man to man defense
- 8. Zone Defense
- 9. Transition
 - A. From defense to offense
 - B. From offense to defense

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. Field Trips
- H. Guest Speakers
- I. Individualized Instruction
- J. Observation and Demonstration

8. REPRESENTATIVE ASSIGNMENTS

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

Writing Assignments:

- Weekly daily journal log
- Pyramid of success
- Goal setting
- Time management
- Individual Playbook assignments

Reading Assignments:

- CCCAA Constitution
- NCAA manual
- Handouts
- Playbook assignments
- Other assignments as assigned

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. Oral Presentation
- H. Portfolios
- I. Projects
- J. Quizzes
- K. Written examination
- L. Skills assessment, written exams on rules, playbook, oral presentation on Pyramid of success

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

Possible textbooks include:

A. McCormick, Brian, T.. *21st Century Guide to Individual Skill Development*, 2nd ed. 180Shooter, 2015

Other:

A. NCAA manual, CCCAA Constitution, Team playbook

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Course Originator: Andreas Wolf