

College of San Mateo
Official Course Outline

1. **COURSE ID:** TEAM 119 **TITLE:** Tournament Basketball
Units: 0.5 or 1.0 units **Hours/Semester:** 24.0-54.0 Lab hours
Method of Grading: Grade Option (Letter Grade or Pass/No Pass)
Recommended Preparation:
 High school interscholastic basketball experience

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:
 Major concepts of basketball; defense, offense, conditioning, strategies and rules taught in tournament format. Designed for the advanced student with previous interscholastic or intercollegiate experience. May be taken four times for a maximum of 4 units.

4. **STUDENT LEARNING OUTCOME(S) (SLO'S):**
 Upon successful completion of this course, a student will meet the following outcomes:
 1. Demonstrate ability to cooperate in diverse groups.
 2. Improve fitness levels.
 3. Perform skills necessary to be successful in the sport of basketball.

5. **SPECIFIC INSTRUCTIONAL OBJECTIVES:**
 Upon successful completion of this course, a student will be able to:
 1. Understand and execute the basic concepts of team offense and defense.
 2. Understand and execute the basic concepts of individual offensive and defensive skills.
 3. Understand and implement proper nutrition for intercollegiate athletes.
 4. Understand and implement proper physiological conditioning for intercollegiate athletes.
 5. Understand and execute appropriate mental imagery and focus.
 6. Understand and identify specific physiological deficiencies and injuries and the protocol to rectify them.

6. **COURSE CONTENT:**
Lab Content:
 - Introduction
 1. Tournament Procedures
 2. Team Assignments
 3. Game Schedule
 - Rules for Tournament
 1. Running Clock
 2. 20 minute halves
 3. Fouls
 - Basketball Strategies
 1. Offensive Sets
 2. Defensive Sets
 3. Individual strengths & weaknesses
 - Games & Conditioning
 1. Every player participates in games
 2. Substitutions
 3. Implement Strategies
 - Safety
 1. Warm-up
 2. Stretching

3. Injury prevention

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
- I. Other (Specify): instructor demonstration, class discussions, skills practice, and game film review

8. REPRESENTATIVE ASSIGNMENTS

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

Writing Assignments:

- Students will be required to keep a journal of their goals and progress towards achieving those goals. Self-evaluation, modification, and reassessment of goals will take place throughout the course of the semester.
- Students will be required to keep a journal of their nutritional intake.

Reading Assignments:

- Instructor generated handouts of individual and team play
 - Offense - individual responsibilities and team formation
 - Defense - individual responsibilities and team formation
- Nutritional guidelines and requirements for:
 - In-season
 - Off-season
- Injury prevention strategies

9. REPRESENTATIVE METHODS OF EVALUATION

Representative methods of evaluation may include:

- A. Class Participation
- B. Class Performance
- C. Class Work
- D. Exams/Tests
- E. Final Class Performance
- F. Lab Activities
- G. Portfolios
- H. Quizzes
- I. Research Projects
- J. Written examination

10. REPRESENTATIVE TEXT(S):

Possible textbooks include:

- A. Janssen, Jeff. *Championship Team Building: What Every Coach Needs to Know to Build a Motivated, Committed & Cohesive Team*, 4th ed. Tucson, AZ: Winning the Mental Game, 2014

Other:

- A. Instructor generated handouts on:
 1. Team and individual strategy
 2. Nutrition
 3. Motivation

Origination Date: November 2018

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Effective Term: Spring 2019

Course Originator: Michael Marcial