

**College of San Mateo
Official Course Outline**

1. COURSE ID: TEAM 186 **TITLE:** Men's Basketball: Individual Skill Development

Units: 2.0 units **Hours/Semester:** 96.0-108.0 Lab hours

Method of Grading: Grade Option (Letter Grade or Pass/No Pass)

Recommended Preparation:

Previous competition at the high school level; interscholastic basketball.

2. COURSE DESIGNATION:

Degree Credit

Transfer credit: CSU

AA/AS Degree Requirements:

CSM - GENERAL EDUCATION REQUIREMENTS: E4: Physical Education

3. COURSE DESCRIPTIONS:

Catalog Description:

Focuses on mastering individual skills rather than team concepts. It is designed to improve the individual skills of students wishing to play intercollegiate community college basketball. Students spend considerable time working on the fundamentals of the game: ball handling, passing and shooting. Students also participate in numerous competitive drills and basketball conditioning. May be taken 4 times for a maximum of 8 units.

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. Identify and assess their current fitness level and alter or modify specific wellness or fitness practices in order to improve body composition, flexibility, cardiovascular fitness, muscular endurance and muscular strength related to performance in the sport of basketball.
3. Identify concepts and perform collegiate level basketball skills incorporated in competitive games.

5. SPECIFIC INSTRUCTIONAL OBJECTIVES:

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

1. Recognize and demonstrate the fundamental skills of dribbling, passing and shooting.
2. Identify specific drills and employ them to maintain proper level of skill and fitness.
3. Interpret decision-making on the court to describe different situations.
4. Relate and discuss basketball concepts in a manner that is expected of an intercollegiate basketball player.

6. COURSE CONTENT:

Lab Content:

- Proper Warm Up
 - Dynamic Stretching
 - Duke 2-0 Drill
- Ball Handling-Skill Development
 - Stationary Dribbling
 - 2 Ball Dribbling
 - Full Court Dribbling
- Challenging Drills Focusing on Developing Both Strong and Weak Hand
 - Dribble Knock Out
 - Dribble tag
- Passing - Skill Development
 - Man in Middle
 - Triangle Passing
 - 3 line Rush
 - 3 line Weave
- Shooting Skill Development
 - Form Shooting
 - 3 man shooting

- Across top shooting
- Full Court Shooting
- Full-Court Drills Connecting Basketball Skills with Conditioning
 - Fire Drill
 - 2 on 2 full Court
 - Full Court Shooting
- Competitive Drills with Offense and Defense
 - 1 on 1
 - 2 on 2
 - 3 on 3
- Self-Assessments by the Students

7. REPRESENTATIVE METHODS OF INSTRUCTION:

Typical methods of instruction may include:

- A. Lab
- B. Activity
- C. Critique
- D. Directed Study
- E. Discussion
- F. Guest Speakers
- 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:

- Self-assessment of skill development at the conclusion of the course.
- Goal setting journal.

Reading Assignments:

- Instructor generated handouts on the fundamental principles of basketball, fitness, nutrition, goal setting, etc.

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. Group Projects
- G. Homework
- H. Lab Activities
- I. Oral Presentation
- J. Portfolios
- K. Projects
- L. Quizzes

10. REPRESENTATIVE TEXT(S):

Possible textbooks include:

- A. Mikes, Jay. *Basketball FundaMENTALS*, Second ed. Jay Mikes, 2015

Other:

- A. Instructor generated handouts focusing on the principles pertinent to the lesson plan.

Origination Date: February 2018
Curriculum Committee Approval Date: February 2018
Effective Term: Fall 2018
Course Originator: Andreas Wolf