

College of San Mateo
Official Course Outline

1. **COURSE ID:** VARS 110 **TITLE:** Varsity Men's Basketball

Units: 1.5 units **Hours/Semester:** 72.0-81.0 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:

Intercollegiate Men's Basketball competition in Coast Conference, regional, and California Community College Championships. (May be taken four times for a maximum of 8 units. However, for eligibility purposes, students may only compete intercollegiately for two years.)

4. **STUDENT LEARNING OUTCOME(S) (SLO'S):**

Upon successful completion of this course, a student will meet the following outcomes:

1. Demonstrate improvement in basketball fundamentals: dribbling, passing, shooting, defense, and rebounding.
2. Improvement in the tactical knowledge of basketball at a competitive level.
3. Improve overall fitness.

5. **SPECIFIC INSTRUCTIONAL OBJECTIVES:**

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

1. Understand and demonstrate various individual ball handling skills.
2. Understand and demonstrate various tactical and technical components of the sport of basketball to include both offensive and defensive systems.
3. Understand and demonstrate the exceptional mental and physiological components necessary to compete in intercollegiate athletics.
4. Develop critical thinking skills in terms of game plan and alternative game plan development and the necessary adjustments, as well as psychological developmental aspects of intercollegiate basketball.
5. Incorporate a strong understanding of teamwork, cohesion and goal setting.
6. Demonstrate expert knowledge of the rules of the game.

6. **COURSE CONTENT:**

Lab Content:

- Warm-up and Preventative Maintenance Exercises
- Physiological Conditioning Specific to the Sport of Basketball
- Plyometric, Flexibility, Strength and Cardiovascular Training through Various Exercise Prescriptions
- Individual Ball Skill Development to Include Shooting, Passing, Rebounding and Dribbling
- Team Tactical Development to Include Both Offensive and Defensive Formations
- Individual, Group or Small Group Tactics
- Mental Imagery Techniques and Strategies

7. **REPRESENTATIVE METHODS OF INSTRUCTION:**

Typical methods of instruction may include:

- A. Lab
- B. Activity
- C. Directed Study
- D. Critique
- E. Discussion
- F. Field Trips

- G. Guest Speakers
- H. Individualized Instruction
- I. Observation and Demonstration

8. REPRESENTATIVE ASSIGNMENTS

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

Writing Assignments:

Students may be expected to observe, analyze and critique, in written form, 20-30 hours of game film.
Goal setting journal

Reading Assignments:

Students may be required to read instructor generated handouts focusing on nutrition and recovery.

9. REPRESENTATIVE METHODS OF EVALUATION

Representative methods of evaluation may include:

- A. Class Participation
- B. Class Performance
- C. Class Work
- D. Final Performance
- E. Lab Activities
- F. Portfolios
- G. Projects
- H. Quizzes

10. REPRESENTATIVE TEXT(S):

Possible manuals include:

- A. NCAA. Current NCAA manual, NCAA, 07-01-2018
- B. CCCAA. CCCAA Constitution and Bylaws, CCCAA, 07-01-2018

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