

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

1. **COURSE ID:** VARS 300    **TITLE:** Varsity Basketball: Women  
**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:**  
    Interscholastic participation in 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:**  
    Intercollegiate Women's Basketball competition in Coast Conference, regional, and California Community College Championships. (May be taken four times for a maximum of 6 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. Improve in the tactical knowledge of basketball at an intercollegiate 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:**
  1. Introduction
    - A. Review of safety and team rules
    - B. Review and demonstrate techniques and fundamentals
    - C. Review team concepts
    - D. Review game schedule, scouting reports and related game information
  2. Individual drills and skills
    - A. Mastery of fundamentals
    - B. Strength development
    - C. Applied knowledge in a game setting
  3. Team concepts
    - A. Defensive schemes
    - B. Offensive strategies
    - C. Transition defense
    - D. Special plays and situations
  4. Intercollegiate Athletics

- A. Eligibility requirements
- B. Practice and game schedule

**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 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 expected to read, understand and apply instructor generated handouts focusing on various technical and tactical components in the sport of basketball necessary for a student to be successful at an intercollegiate level.

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. Quizzes
- H. 1. Practice sessions 2. Film evaluations 3. Intercollegiate competitions

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

Other:

- A. Current NCAA manual, Current CCCAA Constitution and Bylaws, Current CCCBCA Championship Handbook.

**Origination Date:** February 2019

**Curriculum Committee Approval Date:** March 2019

**Effective Term:** Fall 2019

**Course Originator:** Michelle Warner