1. **COURSE ID:** VARS 300  
   **TITLE:** Varsity Basketball: Women  
   **Units:** 2.0 units  
   **Hours/Semester:** 96.0-108.0 Lab hours  
   **Method of Grading:** Grade Option (Letter Grade or P/NP)  
   **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 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:**  
   **Lecture 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 is 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 needs  
B. Practice and Game Schedule   
C. Recruitment and Orientation

**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. Lecture
   - B. Lab
   - C. Activity
   - D. Critique
   - E. Directed Study
   - F. Individualized Instruction
   - G. Observation and Demonstration
   - H. Other (Specify): Demonstration of all basketball fundamentals. Lectures, practice sessions, film sessions  
     Intercolligate competitions against other colleges.

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. Intercolligate competitions

10. **REPRESENTATIVE TEXT(S):**
   Other:
   - A. Current NCAA manual, Current CCCAA Constitution and Bylaws, Current CCCBCA Championship  
     Handbook.

   **Origination Date:** March 2015
   **Curriculum Committee Approval Date:** November 2015
   **Effective Term:** Fall 2016
   **Course Originator:** Andreas Wolf