

College of San Mateo
Official Course Outline

1. **COURSE ID:** TEAM 192 **TITLE:** Men's Basketball Theory: Defense
Units: 1.5 - 3.0 units **Hours/Semester:** 16.0-18.0 Lecture hours; 24.0-108.0 Lab hours; 32.0-36.0 Homework hours; 72.0-162.0 Total Student Learning hours
Method of Grading: Grade Option (Letter Grade or Pass/No Pass)
Recommended Preparation:
 Concurrent enrollment in VARS 110

2. **COURSE DESIGNATION:**
Degree Credit
Transfer credit: CSU; UC
AA/AS Degree Requirements:
 CSM - GENERAL EDUCATION REQUIREMENTS: E4: Physical Education

3. **COURSE DESCRIPTIONS:**
Catalog Description:
 Designed to help students understand the defensive fundamentals of playing and coaching basketball. Students will gain knowledge about the history, philosophies, techniques and strategies related to the development of individual and team play in basketball. NOTE: This course may be taken four times for a maximum of 12 units.

4. **STUDENT LEARNING OUTCOME(S) (SLO'S):**
 Upon successful completion of this course, a student will meet the following outcomes:
 1. Develop and evaluate individual and team basketball defensive tactics applicable to specific goals in men's basketball.
 2. Perform skills and organize various team defensive skill techniques and concepts for men's basketball at an advanced level.
 3. Present and evaluate for effectiveness defensive skill techniques and concepts for men's basketball at an advanced level.

5. **SPECIFIC INSTRUCTIONAL OBJECTIVES:**
 Upon successful completion of this course, a student will be able to:
 1. Discuss basketball defensive philosophy and how it impacts their approach to playing and teaching the game.
 2. Develop criteria for evaluating individual skills related to defensive performance.
 3. Develop criteria for evaluating team defensive performance.
 4. Apply visually, verbally and kinesthetically essential defensive skills necessary to play the game of basketball.
 5. Summarize and apply NCAA basketball rules in a game setting.
 6. Utilize critical thinking skills in making defensive adjustments to opponent skills, tactics and strategies.
 7. Illustrate concepts related to sportsmanship and its application in practice and competitive situations.
 8. Identify the physiological and psychological aspects related to playing and coaching basketball.
 9. Use critical thinking to break down game film and apply defensive tactical knowledge vs. a variety of offensive systems.
 10. Critically analyze game film and apply defensive tactical knowledge to special game circumstances (inbound plays, press, etc.).

6. **COURSE CONTENT:**
Lecture Content:
 1. Introduction and Pre-Test on Knowledge of Basketball Rules, Terminology and History
 2. Technical Skill Overview
 - A. Defensive Techniques and Positioning
 - B. Rebounding Positioning and Techniques
 3. Tactical Skill Overview
 - A. Man-on-Man vs. Zone Defensive Techniques
 - B. Forcing Play to the Middle of the Court
 - C. Body / Ball Position as Related to Team Defense

- D. Intensity and Aggressiveness in Individual and Team Defense
- E. Special Situations (Out of Bounds, End of Game, Etc.)

4. Film Study/Critical Analysis of Film in Game Preparation

Lab Content:

1. Physiological / Psychological Components
 - A. Core Body Warm-Up
 - B. Flexibility
 - C. Specific Neuromuscular Warm-up Drills
 - D. Developing Physiological Functioning as Related to the Sport of Basketball
 - E. Team Building and Unit Cohesion Exercises
 - F. Visualization Techniques
 - G. Goal Setting
2. Technical Skills- Application of Skills Through Drills
 - A. Defensive Techniques and Positioning
 - B. Rebounding Positioning and Techniques
3. Tactical Skills- Application of Skills Through Drills
 - A. Man-on-Man vs. Zone Defensive Techniques vs. Offense
 - B. Forcing Play to the Middle of the Court
 - C. Body / Ball Position as Related to Team Defense
 - D. Intensity and Aggressiveness in Individual and Team Defense
 - E. Special Situations (Out of Bounds, End of Game, Etc.)

7. REPRESENTATIVE METHODS OF INSTRUCTION:

Typical methods of instruction may include:

- A. Lecture
- B. Lab
- C. Activity
- D. Discussion
- E. Guest Speakers
- F. Individualized Instruction
- G. Observation and Demonstration

8. REPRESENTATIVE ASSIGNMENTS

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

Writing Assignments:

Possible writing assignments include:

Using critical thinking skills, students will complete 100-500 word analysis pieces in order to identify skills, systems of play and defensive tactical situations and suggest courses of action to enhance performance (3-5/semester).

Students will create, describe and track/assess personal and team defensive goals throughout the semester (5-10 pages/semester).

Students will complete written assignments related to film and scouting analysis (2-4 pages/semester)

Reading Assignments:

Possible reading assignments include:

Students will be expected to read 20-40 pages of instructor generated handouts on defensive techniques, skills and strategies related to basketball throughout the course of the semester. (2-4 pages per week)

9. REPRESENTATIVE METHODS OF EVALUATION

Representative methods of evaluation may include:

- A. Class Participation
- B. Class Performance
- C. Exams/Tests
- D. Homework
- E. Lab Activities
- F. Papers
- G. Quizzes

H. Written examination

I. Evaluation of advanced skills acquisition and their application to competitive situations. Evaluation of participation in scrimmages and competitive situations. Evaluation of strategies and critical thinking in scrimmages and competitive situations. Assessment of contribution to in-class discussions. Evaluation of all written work and examinations related to: rules; history; strategy; knowledge of advanced defensive systems of play; knowledge of advanced strategies, utilizing critical thinking skills, to adjust to an opponent's tactics and skills; practice plan; individual and team goals.

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

Other:

- A. Basketball Rules and Interpretations (updated yearly, current year NCAA rulebook)
- B. Instructor generated handouts related to the development of defensive skills and tactics associated with the sport of basketball. (Additional handouts would deal with the physiological and psychological components essential to the success of a basketball team.)

Origination Date: September 2023

Curriculum Committee Approval Date: February 2024

Effective Term: Fall 2024

Course Originator: Michael Marcial