

College of San Mateo
Official Course Outline

1. **COURSE ID:** TEAM 193 **TITLE:** Men's Basketball Theory: Offense
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 offensive 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 offensive tactics applicable to specific goals in men's basketball.
 2. Perform skills and organize various team offensive skill techniques and concepts for men's basketball at an advanced level.
 3. Present and evaluate for effectiveness offensive 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 offensive basketball philosophy and how it impacts their approach to playing and teaching the game.
 2. Develop criteria for evaluating individual skills related to offensive performance.
 3. Develop criteria for evaluating team offensive performance.
 4. Apply visually, verbally and kinesthetically essential offensive 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 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 offensive tactical knowledge vs. a variety of defensive systems.
 10. Critically analyze game film and apply offensive tactical knowledge to special game circumstances (running inbound plays, press break, etc.).

6. **COURSE CONTENT:**
Lecture Content:
 1. Introduction and Pre-Test on Knowledge of Basketball Rules, Terminology and History
 2. Technical Skill Overview
 - A. Offensive Techniques and Positioning
 - B. Rebounding Positioning and Techniques
 3. Tactical Skill Overview
 - A. Dribbling for Speed, Deception, Penetration and Possession
 - B. Passing for Accuracy, Speed and Possession
 - C. Shooting and Finishing Techniques
 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 Applied on the Court
 - A. Dribbling for Speed, Deception, Penetration and Possession
 - B. Passing for Accuracy, Speed and Possession
 - C. Shooting and Finishing Techniques
3. Tactical Skills
 - A. Spacing as Related to Offense
 - B. Motion Offense
 - C. Screens, Picks and Ball Reversal
 - D. Drawing Fouls
 - E. Transition Offense and the Fast Break
 - F. Clock Management Related to Offense
 - G. Breaking Down Man and Zone Defenses
 - H. 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
- H. Other (Specify): Drills and applied competitive situations using advanced offensive skills. Video analysis utilizing critical thinking skills to determine effective strategies and enhance performance. Detailed physiological and psychological self-analysis to aid in goal setting techniques designed to enhance performance.

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 several 100-500 word analysis pieces in order to identify offensive skills, systems of play and tactical situations and suggest courses of action to enhance performance (3-5/semester).

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

Recommended live performance attendance of a community college, four year or professional basketball game with a written analysis, 100-500 words, utilizing critical thinking skills to compare and contrast performance with classroom experience (2-5 pages/semester).

Written exam on history and rules of basketball (2-3 pages/semester).

Reading Assignments:

Possible reading assignments include:

Students will be expected to read 20-40 pages/semester of instructor-generated handouts on offensive techniques, skills and strategies related to basketball. (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 offensive 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 (NCAA current)
- B. Instructor-generated handouts related to the development of offensive 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: March 2024
Effective Term: Fall 2024
Course Originator: Michael Marcial