Course Title: Beginning Basketball

Subject Area/Course No.: KNACT-046A  Units: 1

Course Title: Beginning Basketball
Discipline(s): Physical Education/Kinesiology
Pre-Requisite(s): none
Co-Requisite(s): none
Advisories: none

Catalog Description: This course is designed to introduce the student to all the basic elements of the sport of basketball. The intent of this course will engage the students in the practice of all the basic skills through individual and group drills.

Schedule Description:
Hoop it up! Enhance your basketball skills through the fundamentals of dribbling, passing and shooting. You will learn different strategies to compete in a full court and half court game.

Hrs/Mode of Instruction: Lecture: _____  Scheduled Lab: _____  HBA Lab: _____  Composition: _____  Activity: 54  Total Hours  54

Credit  ☑ Credit Degree Applicable (DA)  Grading  ☐ Pass/No Pass (P/NP)  Repeatability  ☑ 0
☐ Credit Non-Degree (NDA)  ☐ Letter (LR)  ☑ 1
☐                          ☑ Student Choice (SC)  ☑ 2
☐                          ☑ 3

Last date of Assessment: Spring 12  Cohort #: 4

Please apply for:
LMC General Education Requirement(s): none

Transfer to:  ☑ CSU  ☑ UC  ☐ IGETC Area ____  ☐ CSU GE Area____  ☐ C-ID Number ______

Course is Baccalaureate Level:  ☑ Yes  ☐ No
Course Outline of Record
Los Medanos College 2700 East Leland Road Pittsburg CA 94565

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Signatures:
Department Chair _______________________________ Date ____________
Librarian _______________________________ Date ____________
Dean (Technical Review) _______________________________ Date ____________
Curriculum Committee Chair _______________________________ Date ____________
President/Designee _______________________________ Date ____________
CCCD Approval Date (Board or Chancellor's Office) _______________________________ Date ____________

STAND ALONE COURSE: YES NO
Course approved by Curriculum Committee as Baccalaureate Level: YES NO
LMC GE Requirement Approved by the Curriculum Committee: __________________

FOR OFFICE OF INSTRUCTION ONLY. DO NOT WRITE IN THE SECTION BELOW.
Begin in Semester ____________ Catalog year 20_____/20____ Class Max: ________________
Dept. Code/Name: _______________ T.O.P.s Code: _______________ Crossover course 1/ 2: ________________
ESL Class: Yes / No DSPS Class: Yes / No Coop Work Exp: Yes / No

Class Code
A Liberal Arts & Sciences
B Developmental Preparatory
C Adult/Secondary Basic Education
D Personal Development/Survival
E For Substantially Handicapped
F Parenting/Family Support
G Community/Civic Development
H General and Cultural
I Career/Technical Education
J Workforce Preparation Enhanced
K Other non-credit enhanced
L Not eligible for enhanced

SAM Code
A Apprenticeship
B Advanced Occupational
C Clearly Occupational
D Possibly Occupational
E* Non-Occupational

Remediation Level
B Basic Skills
NBS Not Basic Skills

*Additional criteria needed
1 One level below transfer
2 Two levels below transfer
3 Three levels below transfer
Institutional Student Learning Outcomes:

General Education SLOs:
At the completion of the LMC general education program, a student will:
1. read critically and communicate effectively as a writer and speaker.
2. understand connections among disciplines and apply interdisciplinary approaches to problem solving.
3. think critically and creatively
4. consider the ethical implications inherent in knowledge, decision-making and action.
5. possess a worldview informed by diverse social, multicultural and global perspectives.

Program-Level Student Learning Outcomes (PSLOs):

1. Demonstrate and understanding of the Historical, Ethical and Philosophical foundations of Kinesiology
2. Demonstrate knowledge of the relationship between physical activity and the conceptual foundations of Kinesiology
3. Identify career and/or educational options in Kinesiology/Physical Education and formulate action plan to successfully pursue and attain those options
4. Utilize critical thinking skills to identify research methods and apply them in an evaluative process to draw conclusions.

Course-Level Student Learning Outcomes (CSLOs):

CSLO 1: Identify a variety of basketball passing techniques that include: chest pass, bounce pass, over head pass (PSLO 2)

CSLO 2: Identify a variety of dribbling techniques that include: crossover dribble, spin dribble, speed dribble and control dribble (PSLO 2)

CSLO 3: Identify various shooting techniques that include: jump shot, set shot, hook shot and lay up shot (PSLO 2)

CSLO 4: Identify strategies and rules to play both a full court and half court basketball game (PSLO 2)

Assessments:
1. Identify a variety of passing drills
2. Identify a variety of dribbling drills
3. Identify a variety of shooting drills
4. Pretest and Post Test to show improvement on the fundamentals of passing, dribbling and shooting drills.

CSLO 1: Pretest and Post test of Passing Skills (25%)
Students will be able to identify the chest pass, bounce pass, over head pass. We practice these skills daily in order for students to improve their skills.
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While competing in a game during the first 3 weeks of school students will be pretested for accuracy of these 3 passing fundamentals. During the final two weeks of class students will be post tested for accuracy on these three passing fundamentals and will be evaluated for improvement.

Students are asked to successfully complete 7 out of 10 passes to a partner while using proper techniques.

CSLO 2: Pretest and Post test of dribbling drills (25%)
Students will be able to identify a crossover dribble, spin dribble, speed dribble and control dribble. We practice these skills daily in order for students to improve their skills.

While competing in a game during the first three weeks of school students will be pretested for accuracy of these 4 dribbling fundamentals. During the final two weeks of class students will be post tested for accuracy on these four dribbling fundamentals and will be evaluated for improvement.

Students are asked to successfully complete 7 out of 10 dribbles while moving up and down the court using proper techniques.

CSLO 3: Pretest and Post test of shooting drills (25%)
Students will be able to identify a jump shot, set shot, hook shot and lay up shot. We practice these skills daily in order for students to improve their skills.

While competing in a game during the first three weeks of school students will be pretested for accuracy of these 4 shooting techniques. During the final two weeks of class students will be post tested for accuracy on these four shooting fundamentals and will be evaluated for improvement.

Students are asked to successfully complete 6 out of 10 shots from a distance of 10 feet.

CSLO 4: Pretest and Final Post test on strategies and rules to play both a full court and half court basketball game (25%)
Students will identify the different strategies and rules of basketball. Each day we practice different strategies and rules that will help improve students overall knowledge of basketball.

While competing in a game during the first three weeks of school students will be pretested on strategies and rules of basketball. During the final two weeks of class students will be post tested on their knowledge different strategies and rules of basketball in order to play both a full court and half court game.

Method of Evaluation/Grading:
A-level student work is characterized by passing chest passes, bounce passes, over head passes with accuracy 8 out of 10 times or improving personal skill level by 80%, by dribbling crossover dribbles, spin dribbles, speed dribbles and control dribbles with accuracy 8 out of 10 times or improving personal skill level by 80%, by shooting jump shots, set shots, hook shots and lay up
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shot with accuracy of 8 out of 10 times or improving their personal skill level by 80%, and to effectively use basketball strategies and rules in order to compete in a full court and half court game.

C-level student work is characterized by passing chest passes, bounce passes, over head passes with accuracy 6 out of 10 times or improving personal skill level by 60%, by dribbling crossover dribbles, spin dribbles, speed dribbles and control dribbles with accuracy 6 out 10 times or improving personal skill level by 60%, by shooting jump shots, set shots, hook shots and lay up shots with accuracy of 6 out of 10 times or improving their personal skill level by 60%, and to moderately use basketball strategies and rules in order to compete in a full court and half court game.

Grading:

<table>
<thead>
<tr>
<th>Category</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Class Effort/Participation</td>
<td>30 pts</td>
</tr>
<tr>
<td>Skill Achievement/Technique</td>
<td>30 pts</td>
</tr>
<tr>
<td>Pre and Post Tests (final)</td>
<td>40 pts</td>
</tr>
<tr>
<td></td>
<td>100 Total Pts</td>
</tr>
</tbody>
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A= 90-100%
B= 80-89%
C= 70-79%
D= 60-69%
F= 59% and below

Course Content:
Exercises:
  - Back stretches
  - Leg stretches
  - Should stretches
  - Sit-up
  - Hamstring stretches
  - Jogging

Fundamentals:
  - Basketball Passing Techniques
    - chest pass
    - Bounce pass

  - Basketball Dribbling Techniques
    - Speed dribble
    - Control dribble

  - Basketball Shooting Techniques
    - Jump shot
    - Set shot
    - Hook shot
    - Lay up
Basketball Strategies and Rule
Fouls: blocking, charging, t-foul, hacking, holding
Violations

Lab By Arrangement Activities (If Applicable): n/a

Instructional Methods:
☐ Lecture
☐ Lab
☒ Activity
☐ Problem-based Learning/Case Studies
☐ Collaborative Learning/Peer Review
☐ Demonstration/Modeling
☐ Role-Playing
☐ Discussion
☐ Computer Assisted Instruction
☐ Other (explain) _______________________________________

Textbooks: handouts