

Mt. San Jacinto College
Integrated Course Outline of Record

Form B

Submitted by:	Serinna Eason	Date:	05/14/2020
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Department	Subject	Course Number	Title
Physical Education	Physical Education PE	133	Individual and Group Sports: Basketball

Units/Hours

Each lecture unit requires 1 hour per week of class time, and 2 hours per week of study outside of class.
Each laboratory unit requires 3 hours per week of class time.
Each activity unit requires 2 hours per week of class time and 1 hour per week of study outside of class.

Lab Units	Total Units
1.00	1.00
Lab Contact Hours	Total Contact Hours
48.00 - 54.00	48.00 - 54.00
Lab Homework Hours	
0	

Stand Alone:

Program Applicable

AA/AS Degree General Ed Breadth Area(s):

E HEALTHFUL LIVING AND SELF-DEVELOPMENT

General Education Justification:

PE 133: Basketball is consistent with the intent of Area E because the main focus of this course is the study and implementation of a fitness program which will improve student physical fitness levels. These levels will be assessed throughout the semester and is identified within the course objectives (GELO4). Students will learn and apply valuable information regarding their personal health and wellness by evaluating their personal diet and the impact this will have on their lifestyle and overall fitness which is identified within the course content (GEL03).

Maximum Enrollment:	32
Maximum Enrollment Justification:	Justification:
Grading Method:	Letter Grade or P/NP

TOP code:

0835.00

Can be Taken

1

time(s) for credit (max 4)

- Visual or Performing Arts course that is required to meet major requirements for UC/CSU

- Intercollegiate athletics course

- Academic/vocational competition course

Catalog Description:
(Please do not refer to transferability or degree, certificate, or employment concentration applicability. Please only describe the course).
(75 words or less in gray box below).

This course will introduce students to the rules and techniques of basketball. Students will participate in drills that will develop agility, fitness and technique.

Schedule Description:
(Please do not refer to transferability or degree, certificate, or employment concentration applicability. Please only describe the course).
(25 words or less in gray box below).

This course will emphasize basketball skill development, competitive games and individual improvement in cardiovascular fitness.

Need for the course:

This course will further diversify our class offerings for students who are not involved in our intercollegiate program. This class will meet the Area 2 (Group Sport) requirement for the A.A.T in Kinesiology as well an elective for the A.A in PE.

Prerequisite(s):
Prerequisites go through a separate approval process. See Forms E1-E6 for details.
(For further clarification, contact the Prerequisite Subcommittee)

-none-

Corequisite(s):
Corequisites go through a separate approval process. See Forms E1-E6 for details.

-none-

Recommend Preparation:
Recommended Preparation goes through a separate approval process. See Forms E1-E6 for details.

-none-

Other Enrollment Criteria:

-none-

Learning Objectives:
(please number each objective and express in behavioral terms)
Upon the completion of the course the student will be able to do the following:

1. Demonstrate basic fundamental basketball skills.

2. Illustrate the basics in fast break offense and specific positioning.

3. Exhibit a working knowledge of the rules of basketball.

4. Diagram and demonstrate knowledge of motion offense and the varous maneuvers in a 5 on 5 half court situation.

5. Demonstrate and explain pivoting and the various types.

6. Appraise their physical fitness and wellness levels as measured by in-class practical exams.

Course Content:

(please number the outline of main topics and subtopics)

This is a Lab course.

Lab Content:

(please number the outline of main topics and subtopics)

- I. Fundamentals

A. Footwork

B. Passing

C. Shooting

D. Dribbling

II. Offense

A. Individual

1. Without the ball

2. With the ball

B. Team

1. Against player-to-player defense

2. Against zone defense

3. Against combination defenses

III. Defense

A. Individual

1. On the ball

2. Away from the ball

3. Post area

B. Team

1. Player-to-player

2. Zone

3. Combination

IV. Conditioning

A. Physiological

B. Psychological

V. Rebounding

A. Offensive

B. Defensive

VI. Conversions

A. Offense to defense

B. Defense to offense

VII. Free Throw Situations

A. Offensive alignment

B. Defensive alignment

VIII. Out of Bounds Situations

A. Defensive End

B. Sidelines

C. Offensive end

IX. Time and Score Situations

A. Lead protection

- B. Special offense when trailing
- C. Special plays
- X. Player
 - A. Written and verbal evaluation of proper techniques and strategies
- XI. Rules

- XII. Personal Health and Wellness
 - A. Dietary considerations
 - B. Implications of a healthy lifestyle
 - C. Impact of diet and exercise on performance in sport

Methods of Instruction:

Methods of instruction may include, but are not limited to the following:

- **Method:** Activity
Integration: Active participation in drills incorporating the use of basic fundament skills used in basketball and game situations.
- **Method:** Observation and Demonstration
Integration: Observation and demonstration will be used to intially show the correct skill and techniques. Observation and demonstration will be used in correcting technique and skill errors, providing individual and group feedback.
- **Method:** Individualized Instruction
Integration: Individualized instruction will be accomplished by observing and instructing students one on one during agility drills, skill drills and mini-game situations.
- **Method:** Film/video Viewing and Discussion
Integration: Video and films presentations will be used to introduce healthy lifestyle related information, basic skills and rules of the game.
- **Method:** Lab Activities
Integration: The lab activities will allow the students to physically perform the skills presented, practice and compete in class competitions.

Methods of Evaluation:

A student's grade shall be determined by the instructor using multiple measures of performance related to the course objectives. Methods of evaluation may include but are not limited to the following:

- **Method:** Exams/Tests
Integration: Exams and tests will be used to evaluate students' knowledge of the rules, special situations, dietary and healthy lifestyle choices, and fitness improvements.
- **Method:** Class Participation
Integration: Class participation will be used to evaluate students skill and technique drill performance.
- **Method:** Class Performance
Integration: Class performance will be used as students participate in actual competitive game situations. Skill assessments will be used to evaluate student's performance.
- **Method:** Final Performance
Integration: The final performance will be evaluated during skills testing of fundamental basketball skills.

Examples of Assignments:

Students will be expected to understand and critique college level texts or the equivalent. Reading and writing, as well as out of class assignments are required. These assignments may include but are not limited to the following:

- I. Application of the rules of basketball
- A. During class time students will officiate 1 game of basketball with a partner.
1. Divide up into partners

2. Decide on who will be the lead official.

3. Discuss with your partner what specific jobs you will each be responsible for during the match.

4. At half time, switch positions and officiate the 2nd half.
- B. The following is the grading rubric(scale of 1-10) applied by the instructor while observing this officiating assignment:
1. Knowledge of the rules evident

2. Control of the game

3. Voice easily heard by players and observers

4. Whistle signals appropriate
- II. Development of a practice plan
- A. Practice Plan Requirements:
1. Plan will be a 2 page written practice plan

3. Time requirement of 20 minutes presentation

2. Plan presented 1 week before actual presentation
- B. Practice Plan will include:
1. Warm-up

2. Review of basic skills: dribbling, passing, shooting, defense & free throws.

3. Select 1 skill to emphasize during the practice.

a. develop 2 drills that will help students to improve that specific skill.

4. End the session with some sort of game - must be creative - not the norm.
- C. Grading
1. Written plan complete and submitted on time.

2. Organization of actual presentation.

3. Peer evaluation of practice session.
- III. Reserach the History of Basketball
- A. Write a two page paper on the history of baketball including: history, growth of the game, rule changes, and current trends.

Textbooks:

- Thomas R. Baechle & Roger W. Earle (2019). *Weight Training Steps to Success 5th Edition* Human Kinetics. ISBN: 9781492586982

Other Resources:

Minimum Qualification

- Kinesiology (Masters Required) **or**

• Physical Education (Masters Required)