

Mt. San Jacinto College
Integrated Course Outline of Record

Form B

Submitted by:	Serinna Eason	Date:	04/09/2020
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Department	Subject	Course Number	Title
Physical Education Inter-Collegiate	Physical Education Inter-Collegiate PEIC	141A	Intercollegiate Sports: Basketball (Men) Pre-Conference Competition

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
1.50	1.50
Lab Contact Hours	Total Contact Hours
72.00 - 81.00	72.00 - 81.00
Lab Homework Hours	
0	

Stand Alone:

Program Applicable

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

-none-

General Education Justification:

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Maximum Enrollment:	32
Maximum Enrollment Justification:	Justification:
Grading Method:	Letter Grade or P/NP
TOP code:	0835.50

Can be Taken	4	time(s) for credit (max 4)
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- ☐
- Visual or Performing Arts course that is required to meet major requirements for UC/CSU
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- ☒
- 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 is intended for members of the intercollegiate men's basketball team. This course is the first in a two part series covering key components of basketball training, including development of core basketball skills and strategies for competitive basketball.

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 is the first in a two part series covering key components of basketball training, including development of skills and strategies for competitive basketball.

Need for the course:

This course is necessary for students to compete in intercollegiate athletics.

Prerequisite(s):

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

- Students planning and preparing to compete in intercollegiate athletics must be healthy enough to pass a physician's examination and complete an interview with the instructor.

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. Articulate advanced skills and techniques within the context of a competitive intercollegiate game.
2. Appraise personal health habits and adopt postive changes to improve overal health and develop habits that promote physical fitness for lifelong health and wellness to improve physical conditioning.
3. Examine rules, strategies, and techniques for intercollegiate basketball.
4. Develop and master advanced skills and techniques (ie. Pivoting, dribbling, passing, shooting, and rebounding) and apply

- principles of offensive and defensive strategies in game situations.
5. Display strong communication skills in practice and competition and work cooperatively with teammates.

Course Content:

(please number the outline of main topics and subtopics)

Lab units only

Lab Content:

(please number the outline of main topics and subtopics)

1. Introduction
 - a. Rules and regulations
 - b. CCCAA eligibility
 - c. Team Rules
 - d. Coaching philosophy
 - e. Safety
2. Assessment of skill levels
 - a. Skills
 - b. Techniques
 - c. Conditioning
 - d. Strength
3. Conditioning
 - a. Drills
 - b. Weight lifting
 - c. Cardiovascular training
4. Offensive skill development
 - a. Ball handling
 - b. Shooting
 - c. Passing
5. Defensive skill development
 - a. Defensive slides
 - b. Ball denial
 - c. Boxing out/rebounding
 - d. Defensive trapping
6. Developing basic offensive basketball strategies
 - a. Motion offense
 - b. Dribble drive offense
 - c. Flex
 - d. Play calling/decision making
 - e. Primary and secondary break
7. Developing basic defensive basketball strategies
 - a. Half court man to man
 - b. Half court zone
 - 1) 2-3 zone
 - 2) 1-3-1 zone
 - 3) 1-2-2 zone
 - c. Full court pressure
8. Health and fitness
 - a. Diet and nutrition
 - b. Evaluation of personal health/ habits

Methods of Instruction:

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

- **Method:** Activity
Integration: Individual and group development and application of offensive and defensive tactics
- **Method:** Lab Activities
Integration: Individual application of health and fitness content and awareness.
- **Method:** Discussion
Integration: Discussion and review of rules, regulations, CCCAA eligibility, team rules and safety regulations.
- **Method:** Projects
Integration: Group application of offensive and defensive team strategies.
- **Method:** Experiments
Integration: Group demonstration and application of communication techniques necessary for practice and competition.
- **Method:** Directed Study
Integration: View films of competitions and practices for player development.

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:** Quizzes
Integration: Brief objective tests reviewing key terms and offensive and defensive strategies.
- **Method:** Class Work
Integration: Daily assessment of player development and use of tactics and strategies.
- **Method:** Class Performance
Integration: Intercollegiate competitions, weekly assessment of team development and use of player personnel.

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:

1. Perform a 5-Man Weave to demonstrate concentration, communication, passing, and shooting skills

Demonstrate the proper techniques of help side defense as it relates to man to man defensive principles.
2. Video Analysis

You will be required to complete a film breakdown and analysis. After watching your personal film write a two page paper that includes: technique analysis, offensive systems, and defensive systems.
3. Scouting Reports

You will utilized critical thinking skills but reading scouting reports with individual and team statics.

Textbooks:

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

Other Resources:

Minimum Qualification

- Coaching **or**
- Kinesiology (Masters Required) **or**
- Physical Education (Masters Required)