

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	141B	Intercollegiate Sports: Basketball (Men) Conference and Post-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 basketball team. This course is the second in a two part series covering key components of basketball training, including further development and implementation of 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 second in a two part series covering key components of training, including further development and implementation of 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.
- 6. Analyze video of competition games to improve both individual and team skills.

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. Offensive skill improvement
 - a. Ball handling
 - b. Shooting
 - c. Passing
- 3. Defensive skill improvement
 - a. Defensive slides
 - b. Ball denial
 - c. Boxing out/rebounding
 - d. Defensive trapping
- 4. Implementing offensive strategies
 - a. Motion offense
 - b. Dribble drive offense
 - c. Flex
 - d. Play calling/decision making
 - e. Primary and secondary break
- 5. Implementing Defensive 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
- 6. Film analysis
 - a. Defensive strategies
 - b. Offensive strategies
 - c. Individual and team development
- 7. Health and fitness
 - a. Diet and nutrition
 - b. Evaluation of personal health/ habits
- 8. Player Evaluation
 - a. Game performance
 - b. Practice and film sessions

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. Demonstration:** Execute an offensive press break to neutralize defensive full court pressure

2. Post-Season Portfolio:

Directions:
For this assignment, you are to keep accurate records of all aspects of your weight, strength, conditioning, and speed. Your portfolio must contain all pre, mid, and post cycle testing of height, weight, vertical jump, Olympic lifts, 40-time, and pro-shuttle time. In addition, your portfolio must contain weekly data spreadsheets monitoring your progress in all aspects of your pre-season training development related to basketball. Your portfolio should contain your dietary log including all supplementation. This assignment will be collected at the mid-term and at the end of the semester.

3. Post-Season Video Analysis:

Directions:
For this assignment, watch and analyze video of yourself and assess your technique and work within the basketball scheme. Your analysis will be written down in a notebook to monitor your growth and development as an athlete as you progress

through the pre-season training for basketball. In addition, you will be required to watch video of a competitor and analyze and assess their technical strengths and weaknesses as well as their basketball schemes and tendencies. This analysis will also be written down in your notebook for periodic review. This assignment will be collected at the mid-term and at the end of the semester.

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)