

Mt. San Jacinto College
Integrated Course Outline of Record

Form B

Submitted by: Gina Oliver

Date: 05/14/2020

Department	Subject	Course Number	Title
Physical Education Inter-Collegiate	Physical Education Inter-Collegiate PEIC	143A	Intercollegiate Sports: Basketball (Women) 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:

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)

- ☐
- 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 is intended for members of the intercollegiate women'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:

Competing in Basketball is a microcosm of how to win in real life. The mental and physical lessons learned translate directly into critical thinking, and becoming a strong person. It is of great importance that MSJC provides academic, career and life long learning programs of all types, in an environment of diverse communities. This course is also an elective in the Physical Education degree program.

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:

- Articulate advanced skills and techniques within the context of a competitive intercollegiate game.
- 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)

- This is a Lab Course 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: Instructor will demonstrate individual and group skills, and critique offensive and defensive tactics.
 - **Method:** Lab Activities
Integration: Instructor will define and demonstrate health and fitness behaviors.
 - **Method:** Discussion
Integration: Instructor will lead discussion and check for comprehension and compliance with rules, regulations, CCCAA eligibility, team rules and safety regulations.
 - **Method:** Film/video Viewing and Discussion
Integration: Instructor will record and edit live video of competitions and practices for player evaluation and 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: Students will be evaluated on accurate knowledge and application of key terms, game scenarios, and specific offensive and defensive strategies.
 - **Method:** Simulation
Integration: Students will be evaluated on appropriate and effective use of judgement, situational tactics and game strategies.
 - **Method:** Class Performance
Integration: Students will be evaluated on improving statistical data goals collected during intercollegiate competitions.

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:

- 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.
- Research specific historical, philisophical and technological changes in the sport, and write a summary of how those changes have advanced the game and reflect on how those changes may evolve in the future.
- Read a current event news article on a controversial topic in the sport, and explain what you personally think about the topic, and how and why you would address this if you were the involved in the situation.

Textbooks:

- NCAA (2019). *2018 - 2019 And 2019 - 2020 NCAA Official Women's Basketball Official College Rules Book*
NCAA. ISBN: ASIN: B07ZQRJDJ6

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Other Resources:

Minimum Qualification

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| <ul style="list-style-type: none">• Coaching or• Kinesiology (Masters Required) or• Physical Education (Masters Required) |
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