

Mt. San Jacinto College
Integrated Course Outline of Record

Form B

Submitted by:	Gina Oliver	Date:	05/14/2020
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Department	Subject	Course Number	Title
Physical Education Inter-Collegiate	Physical Education Inter-Collegiate PEIC	143B	Intercollegiate Sports: Basketball (Women) 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. It also serves as an elective in the non-transferable AA PE degree.

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 positive changes to improve overall 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

c. Statistical analysis

Methods of Instruction:

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

- **Method:** Activity
Integration: Instructor will implement learning activities to provide individual and group development and application of offensive and defensive tactics.
- **Method:** Lab Activities
Integration: Instructor will create drills and workouts to develop individual fitness and skill levels.
- **Method:** Discussion
Integration: Instructor will guide critical thinking discussions to review game rules, regulations, CCCAA eligibility, team rules and safety regulations.
- **Method:** Film/video Viewing and Discussion
Integration: Instructor will show live video of competitions and practices for player analysis and evaluation.

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 must exhibit accurate interpretations on written tests covering key terms, game situations, and specific offensive and defensive strategies.
- **Method:** Class Work
Integration: Students will properly execute correct tactics and strategies individually and within pairs and groups to simulate effective game play.
- **Method:** Class Performance
Integration: Student game skills and performance will be measured for improvement and comparison to opponents during Intercollegiate competitions. Students will be scored qualitatively weekly for precision and accuracy of 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:

- After viewing the film of our last game, how would you assess your strengths and weaknesses and what skills would you like to specifically work on this week?
- Demonstration: Execute an offensive press break to neutralize defensive full court pressure.
- Read a recent article (5 years or less) on a specific sport psychology strategies, and write a report on how you will mplement this technique, and set measurable short and long-term goals to track progress and improve your mental toughness.

Textbooks:

- NCAA (2019). *2019 - 2020 NCAA Men's Basketball Official College Rules Book* NCAA. ISBN: ASIN: B07ZQSCTZ3

Other Resources:

Minimum Qualification

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