

Mt. San Jacinto College
Integrated Course Outline of Record

Form B

Submitted by:	Gina Oliver	Date:	04/09/2020
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Department	Subject	Course Number	Title
Physical Education Inter-Collegiate	Physical Education Inter-Collegiate PEIC	143C	Pre-Season Athletics: Basketball (Women)

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 - 3.00	1.00 - 3.00
Lab Contact Hours	Total Contact Hours
48.00 - 162.00	48.00 - 162.00
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
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- ☐
- 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 designed for pre-season basketball conditioning for intercollegiate athletes, including strength training, cardiovascular conditioning, drill techniques, and game play in preparation for intercollegiate competition. Students who repeat this course will improve basketball skills and fitness through further instruction and practice.

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 designed for pre-season basketball conditioning for intercollegiate athletes. Students who repeat this course will improve skills and fitness through further instruction.

Need for the course:

This course is necessary for students to prepare in the pre-season for upcoming competition in basketball intercollegiate athletics. Through this course students develop a plan to meet their own health and wellness goals through directed study of conditioning techniques, activities to improve health and fitness and simulation of basketball strategies. This course is an elective in the Non-transferable Kinesiology/PE AA 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. Demonstrate athletic fundamentals necessary for basketball competition.
2. Exhibit rules, strategies, and techniques for athletic competition in basketball.
3. Adjust the principles of strategies to fit game situations.

4. Train cooperatively with teammates and display strong communication skills in practice and competition.

5. Identify and perform activities for improved flexibility and agility.

6. Perform basic cardiovascular and resistance techniques to improve aerobic and anaerobic fitness.

7. Relate footwork patterns to athletic techniques required for basketball.

8. Produce athletic movements and techniques that are necessary to successfully compete in intercollegiate athletics in basketball.

9. Combine increased conditioning levels with basketball knowledge, techniques, and strategy necessary to compete at an intercollegiate level.

Course Content:

(please number the outline of main topics and subtopics)

This is a Lab class only.

Lab Content:

(please number the outline of main topics and subtopics)

1. Conditioning and Weight training Development for basketball

1. Weight Training

1. Machines

2. Olympic

3. Plyometric

2. Aerobic

3. Speed training

a. Linear

b. Change of direction

c. Explosive power
2. Pre and Post Assessment of basketball skill levels
3. Pre and Post conditioning assessment and evaluation
- a. 300 yard shuttle

b. Body composition testing

c. Weight lifting maximums

d. Vertical jump

e. Pro Agility

f. 40 yard dash

g. Mile test

h. multi-rep maximums
4. Basketball and strategies

Methods of Instruction:

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

- **Method:** Directed Study

Integration: Instructor will assign drills and and homework to improve individual and/or group development of basketball skills including: rules, strategies, conditioning, and techniques.

• **Method:** Activity

Integration: Instructor will set up learning activities to require individual goal planning and application of health and fitness strategies.

• **Method:** Role Playing/Simulation

Integration: Instructor will set up scenarios of various basketball strategies and plays on the court or in the classroom.

• **Method:** Observation and Demonstration

Integration: Group demonstration and application of communication techniques necessary for practice and competition in basketball.

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:** Class Performance
Integration: Students will be assessed daily for player improvement and skill perfection. Likewise, team tactics and execution will be assessed for team improvement and perfecting proper execution.
- **Method:** Final Performance
Integration: Students will be assessed on physical fitness standards to see if they qualify at minimal levels acceptable of a college basketball player. Tests include weight lifting maximums, speed, body composition, and a mile endurance run.
- **Method:** Homework
Integration: Students will read mental training articles, and watch film of elite level basketball players, to write specific and appropriate criteria for future personal goal setting activities.

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. Pre-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.

1. Pre-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:

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

Other Resources:

Minimum Qualification

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

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