

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 | 143D          | Off-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.

|                           |                            |
|---------------------------|----------------------------|
| <b>Lab Units</b>          | <b>Total Units</b>         |
| 1.00 - 3.00               | 1.00 - 3.00                |
| <b>Lab Contact Hours</b>  | <b>Total Contact Hours</b> |
| 48.00 - 162.00            | 48.00 - 162.00             |
| <b>Lab Homework Hours</b> |                            |
| 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) |
|--------------|---|----------------------------|

- ☐
- 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 off-season basketball conditioning, including strength training, cardiovascular conditioning, drill techniques, and game play in preparation for intercollegiate basketball competition. Students who repeat this course will improve 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 off-season basketball conditioning for intercollegiate athletes. Students will improve skills and fitness through further instruction and practice.

Need for the course:

This course is needed to train our intercollegiate basketball athletes in the off-season. Through this course students develop a plan to meet their own health and wellness goals through individualized instruction and directed study by performing advanced conditioning techniques and group activities that develop basketball skills. This course is an elective in the 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:

- Demonstrate athletic fundamentals necessary for basketball competition.
- Practice strategies, techniques, and rules for basketball competition.
- Apply principles of strategies in game situations.

4. Develop teamwork abilities and display strong communication skills in practice and competition regarding basketball rules.

5. Know the rules of CCCAA eligibility for intercollegiate competition and transfer.

6. Synthesize baseline athletic conditioning techniques to acquire advanced conditioning knowledge, skills, and techniques related to basketball.

7. Produce training exercises at maximum load and intensity in order to assess overall conditioning levels.

8. Combine increased conditioning levels with improved basketball techniques and strategies to optimize performance.

**Course Content:**

(please number the outline of main topics and subtopics)

This is a lab only course.

**Lab Content:**

(please number the outline of main topics and subtopics)

1. Introduction

1. Rules and regulations for basketball

2. CCCAA Eligibility

3. Basketball team rules

4. Communication and coaching philosophy

5. Safety related to basketball

6. Basketball strategy development

2. Assessment of skill levels for basketball

1. Basketball skills

2. Techniques

3. Conditioning

4. Strength

5. Speed

3. Basketball Conditioning

1. Drills

1. Basketball drills and strategies

2. Weight training

1. Circuit training

2. Free weight training

3. Cardiovascular training

4. Speed training

5. Basketball competitive play

4. Advanced conditioning

1. Agility training

2. Fast Twitch muscle training

3. Stabilization and balancing exercises

5. Basketball plyometric

1. Jump training

2. Foot pattern exercises for basketball

3. Agility training

6. Post conditioning assessment and evaluation

7. Injury rehabilitation

**Methods of Instruction:**

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

- **Method:** Activity

**Integration:** Instructor will facilitate individual and/or group activities which develop the fundamental basketball

skills.

- **Method:** Discussion  
**Integration:** Instructor will guide discussion and review of rules, regulations, CCCAA eligibility, team rules, and safety regulations related to basketball.
- **Method:** Observation and Demonstration  
**Integration:** Instructor will demonstrate live communication techniques necessary for basketball training, practice, and competition.
- **Method:** Individualized Instruction  
**Integration:** Instructor will teach advanced conditioning techniques related to basketball.
- **Method:** Critique  
**Integration:** Instructor will critique video of physical training, practices, and competitions for player development related to 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:** Quizzes  
**Integration:** Objective quizzes will assess student's proficiency in proper training methods, accurate techniques, correct terminology and effective strategies related to basketball.
- **Method:** Class Participation  
**Integration:** Students will be evaluated on consistency and thoroughness of participation for daily tracking of student training and skill development and/or team use of tactics and strategies for basketball.
- **Method:** Homework  
**Integration:** Students will write relevant and clear self-evaluations of progress and development of training and conditioning techniques related to basketball as evidenced in the portfolio assignment.
- **Method:** Simulation  
**Integration:** Students will complete practical scenario assessments be evaluated for proficiency and accuracy of fundamental basketball techniques needed to become functional and college-level competitive in strength, speed, cardiovascular, flexibility, and core training.

**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. Off-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 off-season training development in 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.

**2. Off-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 off-season training. 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)