

# Lassen Community College Course Outline

## PEAC-5A Men's Varsity Basketball - Fall

2.0 Units

### I. Catalog Description

Fall semester intercollegiate Men's Varsity Basketball competition (1<sup>st</sup> half of season) and practice. Since skills/proficiencies are enhanced by supervised repetition and practice, this course is repeatable to a maximum of three enrollments but can only be taken once per year. This course has been approved for hybrid delivery for emergency use only.

Transfers to both UC/CSU

110 Hours Lab

Scheduled: Fall only

### II. Coding Information

Repeatability: Maximum three enrollments

Grading Option: Graded or Pass/No Pass

Credit Type: Credit - Degree Applicable

TOP Code: 083550

### III. Course Objectives

#### A. Course Student Learning Outcomes

Upon completion of this course the student will be able to:

Perform basketball skills in game play at a level appropriate for continued participation in the second half of the community college intercollegiate basketball season.

#### B. Course Objectives

Upon completion of each enrollment of this course the student will be able to progressively show increased abilities (beginning, intermediate, advanced levels) to:

1. Utilize knowledge of basketball conditioning to maintain optimal fitness.
2. Demonstrate proficient skills necessary for the effective execution of an offensive attack.
3. Demonstrate proficient skills necessary for the effective execution of a defense attack.
4. Demonstrate the skills necessary to participate in varsity basketball at the first-year, second-year and advanced collegiate levels.
5. Understand and explain positional responsibilities for all offensive and defensive players.
6. Apply an understanding of defensive philosophy to competitive game situations.
7. Demonstrate knowledge of and ability to execute offensive strategies during intercollegiate varsity competition.
8. Analyze complex competitive situations and apply correct strategy and technique.

### IV. Course Content

Student proficiency is increased with each enrollment

#### A. Conditioning

1. Warm-ups
2. Stretching
3. Running

4. Agility Exercises
  5. Strength and Endurance Exercises
  6. Power and Quickness Exercises
- B. Passing**
1. Chest
  2. Bounce
  3. Overhead
  4. Wrap-around
  5. Baseball
- C. Post Play**
1. Muscle shot
  2. Bank shot
  3. Baby hook
  4. Step through
  5. Jump hook
  6. Spin-to-spin
- D. One-on-one Moves**
1. Rocker drive
  2. Rocker jump shot
  3. Rocker fake and drive
  4. Crossover step
  5. Crossover dribble
  6. Hesitation dribble
  7. Spin dribble
  8. Fake spin dribble
  9. Behind back dribble
  10. Between legs
- E. Off the ball skills**
1. Curl cut
  2. Back cut
  3. Screening
  4. Flare cut
- F. Pivoting**
1. Front pivot
  2. Reverse pivot
  3. Step through
- G. Defensive skills**
1. "Ball" stance
  2. Denial stance
  3. Help side stance
  4. Cover down
- H. Offensive and Defensive Strategies**
1. Individual defense
  2. Team defense
  3. Individual offense
  4. Team offense
- I. Special Skills/Situations**
1. Jump ball situations
  2. Free throw procedures

## V. Assignments

### A. Appropriate Reading

None

### B. Writing Assignments

None

### C. Expected Outside Assignments

Skill practice

### D. Assignments that Demonstrate Critical Thinking

1. The student will analyze the components of individual skills and will demonstrate the appropriate performance of the skills.
2. The student will analyze individual and team strategies and select and apply the appropriate skill to competitive basketball situations.

## VI. Methods of Evaluation

### Traditional Evaluation

**Example #1:** To demonstrate performance of basketball skills, the instructor will observe and evaluate student performance in drills and competitive situations. Competency is demonstrated through each student's ability to perform the skills necessary in a majority of drill, scrimmage and competitive situations.

**Example #2:** To demonstrate analysis and response to basketball situations, the instructor will observe and evaluate each student's decision-making ability to make correct strategy decisions and apply the appropriate technique in a majority of common situations with increasing proficiency depending on enrollment (beginning, intermediate, advanced).

### Hybrid Evaluation (For Emergency Use Only)

Between the two delivery methods, students will be expected to participate in personal and team skill development at least as much as would be expected in traditional face-to-face delivery. Students will be evaluated based on development of and performance of skills during practices and competitions. In the online environment, students will provide a video or demonstrate skills live online to regularly receive feedback and be evaluated. If assignments are given online, students will be expected to complete assignments and activities equivalent to in class assignments and activities for the online portion of the course. Electronic communication, both synchronous and asynchronous (chat/forum/email) will be utilized for participation and to maintain effective communication between instructor and students.

## VII. Methods of Delivery

Check those delivery methods for which, this course has been separately approved by the Curriculum/Academic Standards Committee.

Traditional Classroom Delivery     Correspondence Delivery

Hybrid Delivery     Online Delivery

### Traditional Delivery

1. For individual skills, the instructor will demonstrate the proper technique and then execute drills with accompanying feedback to provide repetition as students gain mastery of the skill.
2. For strategy skills, the instructor will use diagrams and demonstrations to introduce a strategy and then conduct group drills to simulate and practice the skill strategy.

Utilizing scrimmage and game situations, the instructor will evaluate each student's selection and execution of the appropriate strategy responses. Group and individual feedback will be used throughout drill, simulation, scrimmage, and game situations.

**Hybrid Delivery (For Emergency Use Only)**

Between the two delivery methods, students will be expected to participate in personal and team skill development at least as much as would be expected in traditional face-to-face delivery. A combination of traditional classroom and online instruction will be utilized. Each semester a minimum of 37 hours will be taught face-to face by the instructor and the remaining hours will be instructed online through the technology platform adopted by the District. Traditional class instruction will consist of instruction, demonstration, exercises/assignments, and practice drills. Online delivery will consist of information, exercises/assignments, and discussions, with additional extra resources and other media, including video clips for performance of skills, as appropriate

**VIII. Representative Texts and Supplies**

None

**IX. Discipline/s Assignment**

Coaching, Physical Education

**X. Course Status**

Current Status: Active

Original Approval Date: 5/15/1990

Chancellor's Office Approval: 04/26/2016 (unit change)

Revised By: Carrie Nyman

Curriculum/Academic Standards Committee Revision Date: 01/19/2021

Revised for IPR, no change: 03/15/2022