



KINE 285 - Men's Basketball Team Course Outline

Approval Date: 02/13/2020

Effective Date: 08/14/2020

SECTION A

Unique ID Number CCC000629411

Discipline(s) Coaching
Physical Education

Division Kinesiology & Athletics

Subject Area KINESIOLOGY

Subject Code KINE

Course Number 285

Course Title Men's Basketball Team

TOP Code/SAM Code 0835.50 - 0835.50 Intercollegiate Athletics / E -
Non-Occupational

Rationale for adding this course to the curriculum Changing subject code to KINE.

Units 0.5 – 3

Cross List N/A

Typical Course Weeks 18

Total Instructional Hours

Contact Hours

Lecture 0.00
to 0.00

Lab 29.00
to 175.00

Activity 0.00
to 0.00

Work Experience 0.00
to 0.00

Outside of Class Hours 0.00
to 0.00

Total Contact Hours 29
to 175

Total Student Hours 29
to 175

Open Entry/Open Exit Yes

Maximum Enrollment 20

Grading Option Letter Grade or P/NP

Distance Education Mode of Instruction On-Campus

SECTION B

General Education Information:

SECTION C

Course Description

Repeatability May be repeated 3 times

Catalog Description This course is designed for the competitive basketball player who will represent Napa Valley College in intercollegiate play. Repeatable for credit three times.

Schedule Description

SECTION D

Condition on Enrollment

1a. Prerequisite(s): *None*

1b. Corequisite(s): *None*

1c. Recommended: *None*

1d. Limitation on Enrollment: *None*

SECTION E

Course Outline Information

1. Student Learning Outcomes:

A. Demonstrate the skills and utilize strategies required to participate in intercollegiate basketball.

2. Course Objectives: Upon completion of this course, the student will be able to:

- A. Understand the governing rules and regulations
- B. Demonstrate knowledge of individual and team skills and will employ proper techniques
- C. Demonstrate knowledge of offensive and defensive strategies
- D. Analyze team performance
- E. Demonstrate sportsmanship
- F. Set up individual strength and conditioning programs
- G. Evaluate and critique individual performance during games and practice
- H.

3. Course Content

- A. Offensive skills
 - a. individual
 - a. footwork
 - b. ball handling
 - c. passing
 - d. shooting
 - b. team
 - a. zone and man
 - b. against pressure
 - c. protecting a lead
 - d. specialty
- B. Defensive skills
 - a. individual

- a. footwork
 - b. on ball
 - c. off ball
 - b. team
 - a. zone
 - b. man
 - c. specialty
 - d. extended
- C. Rebounding
 - a. offensive
 - b. defensive
- D. Strength and Conditioning Programs
- E. Game and Film Analysis - Statistical Analysis
- F. NCAA, COA Rules and Regulations
- G. Sportsmanship
- H. Psychology of winning
- I. A student is allowed to repeat the course provided that the student, in consultation with the coach, identify and select skills to be improved upon. The student will be introduced to the skill development required for advanced skills. Additionally, the athlete will be expected to reach a higher level of conditioning and performance. Advanced athletes will be expected to develop greater leadership skills and team responsibilities.

4. Methods of Instruction:

Lecture: 1. Game strategies will be analyzed 2. Game analysis 3. Conditioning best practices 4. Psychology of sports 5. Offensive and defensive skills and strategies

Other: Activity: Students will participate in and compete at the given sport. Group Drills: Students will do drills to enhance their tactical understanding of basketball. Individual Technique Drills: Students will do drills to enhance their personal basketball skills. Team Work: Students will prepare in a team setting to compete with other college teams.

5. Methods of Evaluation: Describe the general types of evaluations for this course and provide at least two, specific examples.

Typical classroom assessment techniques

Research Projects -- Students are required to scout and do opponent game analysis

Additional assessment information:

- participation in practice and games
- completion of training program
- completion of self- and team evaluation
- cooperative attitude

Letter Grade or P/NP

6. Assignments: State the general types of assignments for this course under the following categories and provide at least two specific examples for each section.

A. Reading Assignments

Students will be required to read handouts on nutrition-such as USDA Rate Your Plate.

Students will be required to read offensive and defensive strategy handouts.

B. Writing Assignments

Students will be required to develop practice plan and evaluate performance.

Students will be required to participate in conference and nonconference play.

Competition will take place evenings and weekends.
Students will be required to conduct video analysis.

C. Other Assignments

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7. Required Materials

A. EXAMPLES of typical college-level textbooks (for degree-applicable courses) or other print materials.

Book #1:

Author: NCAA

Title: NCAA Division I Manual, and Rule Book

Publisher: National Collegiate Athletic Association

Date of Publication: 2017

Edition: NCAA publishing

B. Other required materials/supplies.

- The primary resource material for students are handouts prepared by the coach