

# ATHL 11: INTERCOLLEGIATE BASKETBALL I (MEN)

## Foothill College Course Outline of Record

Heading	Value
<b>Units:</b>	3
<b>Hours:</b>	9 laboratory per week (108 total per quarter)
<b>Advisory:</b>	Limitation on enrollment: Athletic tryout for intercollegiate team selection is required to enroll with permission of the instructor. Students will be required to have a physical prior to participation in the class. Students will be required to achieve and maintain sport-specific performance standards as evaluated by the instructor. Continued eligibility is determined by appropriate CCCAA academic and decorum rules.
<b>Degree &amp; Credit Status:</b>	Degree-Applicable Credit Course
<b>Foothill GE:</b>	Area VII: Lifelong Learning
<b>Transferable:</b>	CSU/UC
<b>Grade Type:</b>	Letter Grade (Request for Pass/No Pass)
<b>Repeatability:</b>	May be taken six times for credit

## Description

Competitive intercollegiate men's basketball emphasizing early season conditioning, development of skills and strategy, and team building through pre-conference and conference competition. Intended for participants of the men's basketball team.

## Course Objectives

The student will be able to:

- perform basketball skills related to each athlete's specialization and team objectives.
- prepare to compete in a highly organized team sport at a maximum level of competition.
- apply and practice skills learned and show improvement.
- analyze effectively the opposing team's play and strategies.
- demonstrate through performance the development of physical fitness levels in strength, endurance, and health.
- identify the official rules and their interpretations to enhance performance.
- display proper sportsmanship both on and off the court.
- explain the elements and actions involved in an athletic philosophy.

## Course Content

- Advanced development of fundamental skills of basketball
  - Shooting
  - Running
  - Passing
  - Dribbling
  - Catching

- Rebounding
- Strategies
  - Offensive alignment
  - Defensive alignment
  - Double teaming
  - Screening rebounding
  - Setting a pick
- Physical fitness development
  - Muscle strength
  - Muscle endurance
  - Flexibility
  - Body composition
- Rules and regulations
  - Full court and half court boundaries
  - Scoring
  - Fouls
  - Infractions
  - Overtime
  - Time-outs
  - Illegal defense
- Sportsmanship and etiquette
  - Mutual respect
  - Distracting an opponent
  - Joy of competition
  - Zeal for excellence
  - Rivalry and camaraderie
- Individual and team philosophy
  - Motivation
  - Philosophy
  - Pride
  - Excellence
  - Sacrifice
  - Success
  - Integrity
  - Perseverance

## Lab Content

Lab includes activities such as, but not limited to:

- Passing, dribbling, shooting and defensive footwork.

## Special Facilities and/or Equipment

Gymnasium and basketball shoes.

## Method(s) of Evaluation

- Subjective assessment of physical skills and performance by direct coach's observation
  - Individual and team verbal critiques
  - Video analysis
  - Student-athlete counseling: academic involvement, athletic department, eligibility
  - Individual improvement, performance, and contribution to the total team effort
- Objective assessment of performance
  - Participation in practice and competitions
  - Final evaluations

## Method(s) of Instruction

Discussion, cooperative learning exercises, laboratory, demonstration.

## **Representative Text(s) and Other Materials**

NCAA Men's Basketball Rules and Interpretations 2017-18 and 2018-19.

Note: The most recent edition of the rules and interpretations will be used; annual updates are available online at [www.ncaa.org/playing-rules](http://www.ncaa.org/playing-rules)

## **Types and/or Examples of Required Reading, Writing, and Outside of Class Assignments**

Optional reading and writing assignments as recommended by the instructor.

## **Discipline(s)**

Physical Education, Coaching