

ATHL 12: INTERCOLLEGIATE BASKETBALL I (WOMEN)

Foothill College Course Outline of Record

Heading	Value
Units:	3
Hours:	9 laboratory per week (108 total per quarter)
Advisory:	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.
Degree & Credit Status:	Degree-Applicable Credit Course
Foothill GE:	Area VII: Lifelong Learning
Transferable:	CSU/UC
Grade Type:	Letter Grade (Request for Pass/No Pass)
Repeatability:	May be taken six times for credit

Description

Competitive intercollegiate women'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 women's basketball team.

Course Objectives

The student will be able to:

- perform basic 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:

- 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 practices and athletic competitions
 - Final evaluations

Method(s) of Instruction

Discussion, cooperative learning exercises, laboratory, demonstration.

Representative Text(s) and Other Materials

NCAA Women'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

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