

ATHL 12E: INTERCOLLEGIATE BASKETBALL (WOMEN)

Foothill College Course Outline of Record

Heading	Value
Units:	1
Hours:	3 laboratory per week (36 total per quarter)
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
Formerly:	H P 35D, PHED 34C

Student Learning Outcomes

- Perform with an increasing degree of proficiency the offensive and defensive skills of basketball.
- Describe the technical and tactical skills of basketball.

Description

Competitive intercollegiate women's basketball working toward personal and physical development, athletic scholarship, transfer, and career opportunities. 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 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 practices and athletic competitions
 - Final evaluations

Method(s) of Instruction

Lecture, 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)

Coaching, Physical Education