

PHED 38A: BASKETBALL FUNDAMENTALS

Foothill College Course Outline of Record

Heading	Value
Units:	1
Hours:	3 laboratory per week (36 total per quarter)
Advisory:	This course is included in the Team Sports family of activity courses.
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:	Not Repeatable

Student Learning Outcomes

- Students will demonstrate improvement in fundamental basketball skills.
- Students will demonstrate a comprehensive understanding of game rules.

Description

An introduction to the fundamental skills and techniques of the sport of basketball through skill work and drills. Includes sprint drills, ball passing, plyometric and stretching exercises.

Course Objectives

The student will be able to:

- develop proficiencies in the basic skills and technical aspects of the game of basketball.
- examine the rules of basketball play.
- recognize the historical development of basketball in the United States.
- apply individual and team skills.
- formulate and practice offensive and defensive team strategies.
- enhance fitness levels and eye-hand coordination.

Course Content

- Fundamental skills
 - shooting
 - passing
 - dribbling
 - catching
 - rebounding
- Regulations and rules
 - half-court and full-court boundaries
 - scoring
 - fouls
 - infractions
 - overtime
 - collegiate vs. pro competition
- Application of team drills
 - breakdown plays

- two-on-one plays
 - three-on-three plays
 - four-on-four plays
- Strategies
 - offensive alignment
 - defensive alignment
 - double teaming
 - setting a pick
 - screening
 - Development of fitness levels and eye-hand coordination
 - sprint drills
 - stretching exercises
 - ball passing drills
 - plyometric exercises

Lab Content

- Fundamental Skills
- Rules of the Game
- Team Drills
- Game Strategies
- Fitness

Special Facilities and/or Equipment

Gymnasium.

Method(s) of Evaluation

- Physical skills and techniques will be assessed by direct instructor observation
- Final written exam

Method(s) of Instruction

Discussion, cooperative learning exercises, laboratory, demonstration.

Representative Text(s) and Other Materials

Goodwin, Ryan. [Basketball Essentials](#). Human Kinetics, 2016.

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

Recommendations to participate in local leagues and tournaments and optional reading and writing assignments as determined by instructor.

Discipline(s)

Physical Education