

# PHED 38C: BEGINNING BASKETBALL

## Foothill College Course Outline of Record

Heading	Value
<b>Effective Term:</b>	Summer 2023
<b>Units:</b>	1
<b>Hours:</b>	3 laboratory per week (36 total per quarter)
<b>Advisory:</b>	This course is included in the Team Sports family of activity courses; students with disabilities that significantly limit mobility or sensory perception may have difficulty participating and/or put themselves at risk of injury due to the physical demands of the course.
<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>	Not Repeatable

## Student Learning Outcomes

- Demonstrate the basic fundamentals of basketball
- "

## Description

Introduction to the basic rules and strategies of the game of basketball. This will be accomplished through demonstration and practice of skills, as well as competition.

## Course Objectives

The student will be able to:

1. Understand the most current rules of basketball
2. Understand beginning basketball motor skills
3. Understand and execute beginning basketball offensive concepts
4. Understand and execute beginning defensive basketball concepts
5. Understand and execute beginning team offensive strategies
6. Understand and execute beginning team defensive strategies
7. Understand and execute beginning situational basketball
8. Execute beginning basketball conditioning drills
9. Discuss and demonstrate positive team attitude

## Course Content

1. Understand the most current rules of basketball
  - a. Individual rules
    - i. Types of fouls
    - ii. Types of violations
    - iii. Consequences of fouls and violations
    - iv. Time accounts

- v. Scoring process
  - vi. Time outs
  - vii. Quarters vs. halves
  - viii. Bonus and double bonus
  - ix. Court regulations
  - x. Substitution(s)
2. Introduction to beginning basketball motor skills
    - a. Beginner shooting form
    - b. Beginner shooting mechanics
    - c. Beginner defensive technique
    - d. Beginner passing techniques
    - e. Beginner passing skills
    - f. Beginner dribbling techniques
    - g. Beginner dribbling skills
    - h. Beginner footwork
  3. Understand and execute beginning basketball offensive concepts
    - a. Beginning 1 vs. 1 moves
    - b. Beginning post play
    - c. Beginning passing strategies
    - d. Beginning screening techniques
    - e. Reading basic basketball situations
    - f. Beginning fast break tactics
  4. Understand and execute beginning defensive basketball concepts
    - a. Fundamental stance
    - b. Sliding
    - c. Arm positions
    - d. Guarding on-ball
    - e. Guarding off-ball
    - f. Post defense
  5. Understand and execute beginning team offensive strategies
    - a. Team spacing
    - b. Basic offensive alignments
      - i. 4 out, 1 in
      - ii. 3 out, 2 in
      - iii. 5 out
    - c. Beginning scoring strategies
    - d. Beginning screening
    - e. Beginning cutting
    - f. Offensive rebounding
  6. Understand and execute team defensive strategies
    - a. Beginning team man-to-man defense
    - b. Basic man rotations
    - c. Beginning zone defense
    - d. Basic zone rotations
    - e. Helping the ball defender
    - f. Charges
    - g. Basic defensive rebounding skills
  7. Understand and execute situational basketball
    - a. Baseline out-of-bounds: front court
    - b. Baseline out-of-bounds: back court
    - c. Sideline out-of-bounds: back court
    - d. Sideline out-of-bounds: front court

- e. Jump ball
- f. Strategies for baskets at the end of the clock
- 8. Execute basketball conditioning drills
  - a. Sprinting
  - b. Beginning lateral development
  - c. Beginning plyometrics and vertical jump training
  - d. Beginning weight training recommendations
- 9. Discuss and demonstrate positive team attitude
  - a. Respect for self
  - b. Respect for others
  - c. Sharing is receiving
  - d. Being other-centered
  - e. Fatigue and temperament
  - f. Winning vs. success

## Discipline(s)

Physical Education

## Lab Content

1. Dribbling, passing, defensive drills
2. Shooting form and practice
3. Rebounding, positioning, footwork

## Special Facilities and/or Equipment

1. Gymnasium, basketballs, pennies, and classroom.
2. When taught as an online distance learning or hybrid section, students and faculty need ongoing and continuous internet and email access.

## Method(s) of Evaluation

Methods of Evaluation may include but are not limited to the following:

Observation and feedback of performed skills and strategies  
Written final exam

## Method(s) of Instruction

Methods of Instruction may include but are not limited to the following:

Lecture  
Physical modeling and cooperative practice  
Video  
Reading

## Representative Text(s) and Other Materials

Carvalho, Walter. [Basketball Offense Development](#). 2015.

Although this text is older than the suggested "5 years or newer" standard, it remains a seminal text in this area of study.

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

1. Recommended videos and reading/writing assignments as determined by the instructor