

# PHED 38C: BEGINNING BASKETBALL

## Foothill College Course Outline of Record

| Heading                            | Value  |
|------------------------------------|--|
| <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 for 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:

- Understand the most current rules of basketball
- Understand beginning basketball motor skills
- Understand and execute beginning basketball offensive concepts
- Understand and execute beginning defensive basketball concepts
- Understand and execute beginning team offensive strategies
- Understand and execute beginning team defensive strategies
- Understand and execute beginning situational basketball
- Execute beginning basketball conditioning drills
- Discuss and demonstrate positive team

## Course Content

- Understand the most current rules of basketball
  - Individual rules
    - Types of fouls
    - Types of violations
    - Consequences of fouls and violations
    - Time accounts
    - Scoring process
    - Time outs
    - Quarters vs. halves
    - Bonus and double bonus
    - Court regulations
    - Substitution(s)

- Introduction to beginning basketball motor skills
  - Beginner shooting form
  - Beginner shooting mechanics
  - Beginner defensive technique
  - Beginner passing techniques
  - Beginner passing skills
  - Beginner dribbling techniques
  - Beginner dribbling skills
  - Beginner footwork
- Understand and execute beginning basketball offensive concepts
  - Beginning 1 vs. 1 moves
  - Beginning post play
  - Beginning passing strategies
  - Beginning screening techniques
  - Reading basic basketball situations
  - Beginning fast break tactics
- Understand and execute beginning defensive basketball concepts
  - Fundamental stance
  - Sliding
  - Arm positions
  - Guarding on-ball
  - Guarding off-ball
  - Post defense
- Understand and execute beginning team offensive strategies
  - Team spacing
  - Basic offensive alignments
    - 4 out, 1 in
    - 3 out, 2 in
    - 5 out
  - Beginning scoring strategies
  - Beginning screening
  - Beginning cutting
  - Offensive rebounding
- Understand and execute team defensive strategies
  - Beginning team man-to-man defense
  - Basic man rotations
  - Beginning zone defense
  - Basic zone rotations
  - Helping the ball defender
  - Charges
  - Basic defensive rebounding skills
- Understand and execute situational basketball
  - Baseline out-of-bounds: front court
  - Baseline out-of-bounds: back court
  - Sideline out-of-bounds: back court
  - Sideline out-of-bounds: front court
  - Jump ball
  - Strategies for baskets at the end of the clock
- Execute basketball conditioning drills
  - Sprinting
  - Beginning lateral development
  - Beginning plyometrics and vertical jump training
  - Beginning weight training recommendations
- Discuss and demonstrate positive team attitude
  - Respect for self
  - Respect for others
  - Sharing is receiving
  - Being other-centered
  - Fatigue and temperament
  - Winning vs. success

## **Lab Content**

- A. Dribbling, passing, defensive drills
- B. Shooting form and practice
- C. Rebounding, positioning, footwork

## **Special Facilities and/or Equipment**

Gymnasium, basketballs, pennies and classroom.

## **Method(s) of Evaluation**

- A. Observation and feedback of performed skills and strategies
- B. Written final exam

## **Method(s) of Instruction**

- A. Lecture
- B. Physical modeling and cooperative practice
- C. Video
- D. Reading

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

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

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

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

## **Discipline(s)**

Physical Education