

*Lecture Contact Hours: 16-18; Outside-of-Class Hours: 32-36;
Laboratory Contact Hours: 16-18; Outside-of-Class Hours: 0;
Total Student Learning Hours: 64-72*

CUYAMACA COLLEGE
COURSE OUTLINE OF RECORD

Exercise Science 155A – Beginning Basketball

1 hour lecture, 1 unit
1 hour laboratory, 0 units
Total units: 1 unit

Catalog Description

Instruction and practice in the basic skills of basketball with emphasis on individual skill development and team play. Includes the fundamental principles of physical fitness and their impact on lifelong health and wellness.

Prerequisite

None

Course Content

- 1) Learn and practice of individual body control skills and footwork
- 2) Learn and practice of ball handling skills
- 3) Terminology, rules and scoring
- 4) Beginning level defensive/offensive tactics and strategies
- 5) Team dynamics
- 6) Tournament play
- 7) Parameters of physical fitness and healthy lifestyle choices; implications on lifelong health and well-being

Course Objectives

Students will be able to:

- 1) Describe the rules of play, codes of behavior, use of terminology and scoring for basketball.
- 2) Describe how principles learned in class may be applied to improve cardiovascular endurance, muscle strength, muscle endurance, flexibility and body composition; the five basic components of fitness.
- 3) Demonstrate individual ball handling and body control skills at a beginning level.
- 4) Examine the relationship between physical fitness and good health, and apply the skills gained in class to promote good health and fitness throughout one's life.
- 5) Analyze opponents' strengths and weaknesses and respond with appropriate tactics and strategies.

Method of Evaluation

A grading system will be established by the instructor and implemented uniformly. Grades will be based on demonstrated proficiency in subject matter determined by multiple measurements for evaluation, one of which must be written exams, skills demonstration or, where appropriate, the symbol system.

- 1) Quizzes and exams that measure students' ability to identify, explain, describe and/or provide examples of the rules, ethics and strategies of play for basketball at the beginning level and how they apply to recreational and competitive games.
- 2) Objective testing that measures students' skills proficiency (such as shooting, dribbling and passing) and improvement in play.

- 3) Objective assessment of student participation and performance in basketball competitions and tournaments (at the beginning level) based on the following criteria: appropriate use of rules and scoring, sportsmanship and teamwork, and skills development and improvement.
- 4) In-class activities and/or homework assignments that measure students' ability to evaluate the relationship between physical fitness and health throughout the lifespan.

Special Materials Required of Student

Appropriate exercise attire, court shoes

Minimum Instructional Facilities

- 1) Regulation basketball courts, basketballs
- 2) Extra backboards for shooting practice

Method of Instruction

- 1) Lecture and demonstration
- 2) Videotape analysis, films
- 3) Individual/team practice
- 4) Tournament play

Out-of-Class Assignments

- 1) **Reading:** review course materials, and other multimedia.
- 2) **Writing:** goals paper, fitness log, and more.
- 3) **Other:** analysis of competitive basketball (as seen live and in available media).

Texts and References

- 1) Required (representative example): Hernandez, D. T. (2024). Basketball rule book: Guide to the game's fundamentals and regulations. Independently published.
- 2) Supplemental: None

Exit Skills

Students having successfully completed this course exit with the following skills, competencies and/or knowledge:

- 1) Demonstrate beginning level ball handling and body control skills by executing basic shots used in basketball during a pre- and post-skills test.
- 2) Demonstrate knowledge of terminology, rules and scoring on a written exam.
- 3) Analyze opponents' strengths and weaknesses and apply appropriate defensive strategies in game play during class.
- 4) Demonstrate proper dribbling technique during class drills.
- 5) Demonstrate proper passing techniques (bounce pass, chest pass, throw-ins) during class drills.

Student Learning Outcomes

Upon successful completion of this course, students will be able to:

- 1) Demonstrate individual performance skills such as: proper shooting technique for lay-ups and jump shots, as well as dribbling skills with the dominant hand at the beginning level.
- 2) Describe the rules of basketball, including scoring and description of the courts area and lines.
- 3) Apply strategies of basketball for 3 on 3 half court play and full court play at the beginning level.