

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 155B – Intermediate Basketball**

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

**Catalog Description**

Instruction and practice in intermediate basketball skills with emphasis on advancing individual technique, enhancing team play, and applying game strategies. Includes the fundamental principles of physical fitness and their impact on lifelong health and wellness.

**Prerequisite**

None

**Recommended Preparation**

"C" grade or higher or "Pass" in ES 155A or equivalent

**Entrance Skills**

Without the following skills, competencies and/or knowledge, any student entering this course will be highly unlikely to succeed:

- 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) Exhibit free throw shooting ability by making 30% of attempts.
- 5) Demonstrate proper dribbling technique during class drills.
- 6) Demonstrate proper passing techniques (bounce pass, chest pass, throw-ins) during class drills.

**Course Content**

- 1) Review and practice of individual body control skills and footwork
- 2) Review and practice of ball handling skills
- 3) Review of terminology, rules and scoring
- 4) Intermediate 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 an intermediate 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 intermediate level and how they apply to recreational and competitive games.
- 2) Objective testing that measures students' skills proficiency (such as ball handling and body control) and improvement in play.
- 3) Objective assessment of student participation and performance in basketball competitions and tournaments (at the intermediate 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 ball handling and body control skills at an intermediate level: block out, rebound and defensive moves in man-to-man defense.
- 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 a game situation in class.
- 5) Demonstrate proper passing techniques (bounce pass, chest pass, throw-ins) during a game situation in class.

**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 three-point shots and free throws, as well as dribbling skills with dominant hand at the intermediate level.
- 2) Demonstrate team performance skills such as: pick and roll, and screen away on offense, as well as ball man defense for 3 on 3, half court, and full court play.
- 3) Apply game play strategy that provides an advantage for players in 3 on 3, half court, and full court play.