

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 155C – Advanced Basketball

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

Catalog Description

Instruction and practice in advanced basketball skills with emphasis on refining individual technique, executing complex team play, and applying advanced offensive and defensive tactics and 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 155B 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 ball handling and body control skills at an intermediate level: block out, rebound and defensive moves in man-to-man and zone strategies.
- 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 50% of attempts.
- 5) Demonstrate proper dribbling technique during a game situation in class.
- 6) Demonstrate proper passing techniques (bounce pass, chest pass, throw-ins) during a game situation in class.

Course Content

- 1) Review and practice of individual body control skills and footwork
- 2) Review and practice of ball handling skills
- 3) Review terminology, rules and scoring
- 4) Advanced 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 advanced 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 advanced level and how they apply to recreational and competitive games.
- 2) Objective testing that measures students' skills proficiency and improvement in play.
- 3) Objective assessment of student participation and performance (such as ball handling and body control) in basketball competitions and tournaments 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

Student Learning Outcomes

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

- 1) Demonstrate individual performance skills such as: advanced, footwork, and pivots, while shooting, as well as dribbling skills with dominant and non-dominant hand at the advanced level.
- 2) Demonstrate team performance skills, such as: back cuts, flare screens, and coral cuts on offense, for three on three, half court, and full court play.
- 3) Demonstrate appropriate offensive and defensive tactics and strategies in three on three, half court, and full court play that creates a disadvantage for opponents.