

CUYAMACA COLLEGE
COURSE OUTLINE OF RECORD

EXERCISE SCIENCE 206 – INTERCOLLEGIATE BASKETBALL

10 hours laboratory, 3 units

Catalog Description

Intercollegiate competition in the sport of basketball. Instruction in specific skills, performance techniques and strategies, as well as daily practice, development of physical fitness, team travel and competition against other collegiate institutions. Open to all students who wish to compete at the intercollegiate level. *Athletic insurance fee is required.*

Prerequisite

Tryout

Course Content

- 1) Analysis, development and application of individual and team skills, offensive and defensive techniques, strategies and rules through instruction and practice
- 2) Development of physical fitness and the necessary conditioning for competitive basketball
- 3) Preparation and participation in competition at the conference, regional and state levels
- 4) Participate in home and away contests that continually challenge the student athletes to successfully apply all that they learn and practice in class
- 5) Active participation in the Student Athlete Academic Support Program as established by the Athletics Department

Course Objectives

Students will be able to:

- 1) Apply competitive skills training and strategic decision-making to improve performance during practice and competitive events.
- 2) Display improvement in strength and fitness based on objective physical tests such as the one repetition-max strength test.
- 3) Discuss the physical and mental aspects of competitive participation in basketball in order to improve teamwork and sportsmanship.
- 4) Identify appropriate preventive and treatment options for maintaining injury-free competition and optimal health.

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) Objective performance evaluations that measure students' ability to improve overall strength, fitness and competitive skills during practice and intercollegiate events over the course of the basketball season.
- 2) Competitive team building activities that measure students' ability to demonstrate effective teamwork and sportsmanship during practice and intercollegiate games.
- 3) Written/oral exams that measure students' ability to describe the physical and mental aspects of intercollegiate basketball competition and explain appropriate strategies for maintaining optimal health and injury-free competition.

Special Materials Required of Student

- 1) Athletic insurance fee
- 2) Court shoes

Minimum Instructional Facilities

- 1) Two full-sized basketball courts, basketballs, baskets
- 2) Shower/locker facilities

Method of Instruction

- 1) Lecture and demonstration
- 2) Individual/group practice
- 3) Videotape, film
- 4) Intercollegiate match/tournament play
- 5) Supplemental physical conditioning activity
- 6) Self-analysis of videotaped performances

Out-of-Class Assignments

- 1) Assigned reading
- 2) Multimedia
- 3) Review of plays and strategies for competition
- 4) Analysis of competitive basketball (as seen live and in available media)

Texts and References

- 1) Required (representative example): Instructor materials
- 2) Supplemental: None

Student Learning Outcomes

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

- 1) Define basketball terms at the advanced level.
- 2) Describe basketball scoring and strategies by position.
- 3) Identify appropriate basketball decorum and sportsmanship.
- 4) Demonstrate basketball skills appropriate for competition at the college level.
- 5) Demonstrate appropriate fitness level for college-level competition to avoid injury.