



El Camino College

COURSE OUTLINE OF RECORD - Official

I. GENERAL COURSE INFORMATION

Subject and Number: Physical Education 16ABC
Descriptive Title: Off-Season Training for Men's Intercollegiate Basketball Team

Course Disciplines: Physical Education or Coaching

Division: Health Sciences and Athletics

Catalog Description: This course provides instruction and practice in the advanced techniques of basketball. All students will engage in an off-season program emphasizing instruction, skill development, strength training, and conditioning.

Note: This course is offered in the spring semester and summer session only.

Conditions of Enrollment: Recommended Preparation
High school varsity experience or equivalent skill

Course Length: Full Term Other (Specify number of weeks):
Hours Lecture: 0 hours per week TBA
Hours Laboratory: 3.00 hours per week TBA
Course Units: 1.00

Grading Method: Letter
Credit Status: Associate Degree Credit

Transfer CSU: Effective Date: Prior to July 1992
Transfer UC: Effective Date: Spring 1994

General Education:
El Camino College: 5 – Health and Physical Education
Term: _____ Other: _____

CSU GE: _____
IGETC: _____

II. OUTCOMES AND OBJECTIVES

A. COURSE STUDENT LEARNING OUTCOMES (The course student learning outcomes are listed below, along with a representative assessment method for each. Student learning outcomes are not subject to review, revision or approval by the College Curriculum Committee)

1. Identify the five components of physical fitness and describe how they relate to the development of basketball performance.
2. Students will demonstrate improvements in skill related fitness components.
3. Students will describe various offensive/defensive strategies.

The above SLOs were the most recent available SLOs at the time of course review. For the most current SLO statements, visit the El Camino College SLO webpage at <http://www.elcamino.edu/academics/slo/>.

B. Course Student Learning Objectives (The major learning objective for students enrolled in this course are listed below, along with a representative assessment method for each)

1. Apply the rules of intercollegiate basketball competition appropriately.
Class Performance
2. Analyze and perform defensive techniques such as rebounding, shot blocking, and court body positioning under the basket.
Class Performance
3. Analyze and perform offensive techniques such as shooting, passing, dribbling, and starting the fast break offense.
Class Performance
4. Design an off-season basketball strength and conditioning program utilizing a combination of basketball drills and running workouts (aerobic and anaerobic training).
Presentation

III. OUTLINE OF SUBJECT MATTER (Topics are detailed enough to enable a qualified instructor to determine the major areas that should be covered as well as ensure consistency from instructor to instructor and semester to semester.)

Lecture or Lab	Approximate Hours	Topic Number	Major Topic
Lab	2	I	Course orientation Safety precautions for practice and competitions Basketball rules and regulations
Lab	17	II	Offensive fundamentals: Dribbling Passing Receiving Shooting (jump shot, 3-point shot, free throw) Rebounding Aerobic conditioning Jogging
Lab	17	III	Defensive fundamentals: Body position Movement of feet Rebounding Zone defense

			Man-to-man defense Aerobic/anaerobic conditioning Sprinting the lines Jog recovery
Lab	10	IV	Class scrimmage games Zone offensive and defensive tactics Man-to-man offensive and defensive tactics Fastbreak offensive and defensive tactics Anaerobic conditioning, short recovery
Lab	8	V	Player Evaluation Rotate teams and players at each position Player self evaluation and analysis
Total Lecture Hours		0	
Total Laboratory Hours		54	
Total Hours		54	

IV. PRIMARY METHOD OF EVALUATION AND SAMPLE ASSIGNMENTS

A. PRIMARY METHOD OF EVALUATION:

Skills demonstrations

B. TYPICAL ASSIGNMENT USING PRIMARY METHOD OF EVALUATION:

Describe and demonstrate the basic basketball skills of dribbling, shooting (short jumper, three-point), passing, and rebounding.

C. COLLEGE-LEVEL CRITICAL THINKING ASSIGNMENTS:

1. Distinguish between the basic skills for successfully making a medium and long-range jump shot and the three-point shot. Create a play for each against a man-to-man defense.
2. After reviewing videotape of a high-post zone defense, design an offensive play to be demonstrated in class that would create a quick pass to a forward cutting to the basket.

D. OTHER TYPICAL ASSESSMENT AND EVALUATION METHODS:

Class Performance

V. INSTRUCTIONAL METHODS

Demonstration
Internet Presentation/Resources
Lecture
Multimedia presentations
Simulation
Other (please specify)

Multi-media analysis of elite athletes
 Multi-media analysis of class tournament games
 Supervised drills and class competition

Note: In compliance with Board Policies 1600 and 3410, Title 5 California Code of Regulations, the Rehabilitation Act of 1973, and Sections 504 and 508 of the Americans with Disabilities Act, instruction delivery shall provide access, full inclusion, and effective communication for students with disabilities.

VI. WORK OUTSIDE OF CLASS

Course is lab only - minimum required hours satisfied by scheduled lab time and estimated student hours outside of class per week is zero.

Estimated Independent Study Hours per Week:

VII. TEXTS AND MATERIALS

- A. UP-TO-DATE REPRESENTATIVE TEXTBOOKS
- B. ALTERNATIVE TEXTBOOKS
- C. REQUIRED SUPPLEMENTARY READINGS
- D. OTHER REQUIRED MATERIALS

VIII. CONDITIONS OF ENROLLMENT

A. Requisites (Course and Non-Course Prerequisites and Corequisites)

Requisites	Category and Justification
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B. Requisite Skills

Requisite Skills

C. Recommended Preparations (Course and Non-Course)

Recommended Preparation	Category and Justification
Non-Course Recommended Preparation High school varsity experience or equivalent skill	Students who have demonstrated the skills and abilities for enrollment in the athletic development course will have a greater ability to succeed based on the following areas. Student will have a comprehensive understanding of the rules and regulations of the athletic sport. The student will understand tactics, alignments and strategies of play. This individual will also be aware of phases of conditioning, and proper implementation of health and safety requirements.

D. Recommended Skills

Recommended Skills
High school varsity experience or equivalent skill

E. Enrollment Limitations

Enrollment Limitations and Category	Enrollment Limitations Impact
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Course created by Kelly Kappen on 03/12/2018.

BOARD APPROVAL DATE: 02/12/1990

LAST BOARD APPROVAL DATE: 05/21/2018

Last Reviewed and/or Revised by Robert Uphoff on 03/12/2018

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