



El Camino College
COURSE OUTLINE OF RECORD – Approved

I. GENERAL COURSE INFORMATION

Subject and Number: Physical Education 4B
Descriptive Title: Intermediate Basketball
Course Disciplines: Physical Education
Division: Health Sciences and Athletics

Catalog Description:

This course offers instruction and practice in the skills of basketball for the intermediate to advanced player. Offensive and defensive skills such as footwork, dribbling, passing, and shooting are taught along with defensive positioning and rebounding. Rules of the game will be covered along with game strategies and tournament play.

Conditions of Enrollment:

Recommended Preparation: Physical Education 4A

Course Length:	<input checked="" type="checkbox"/> Full Term	Other (Specify the 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, Degree Applicable

Transfer CSU: **Effective Date:**
Transfer UC: No

General Education:

El Camino College: 5- Health and Physical Education

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. Student will utilize a court diagram to identify the dimensions, boundaries, markings and positions on a collegiate basketball court.
2. Student will execute and explain the intermediate/advanced techniques, such as pivot-J, one handed passing, advanced ball-handling (dribbling) maneuvers and shooting.
3. Students will explain the defensive principals for a 2-3 zone and 1-3-1 zone half-court trap.

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 basketball warm-up and conditioning exercises to enhance performance and minimize the risk of injury in intermediate to advanced play.
Class Performance
2. Demonstrate proper advanced techniques in the offensive skills of footwork, dribbling, passing, and shooting.
Class Performance
3. Demonstrate proper advanced techniques in defensive skills of rebounding, one-on-one coverage, and zone coverage in intermediate to advanced play.
Class Performance
4. Interpret and apply the rules of basketball during in intermediate to advanced game competition.
Performance Exam
5. Assess a team's strengths and weakness and employ strategies to enhance success during in intermediate to advanced basketball play.
Class Performance

III. OUTLINE OF SUBJECT MATTER (Topics should be 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 Topics
Lab	2	I	Course Orientation Review A. Dress Requirements B. Advanced warm-up and cool-down exercises
Lab	2	II	Advanced Rules of Basketball A. Traveling and Hop/Euro Step and Jump-Stop B. Double Dribbling and Using Ghost Dribble C. Charging, Restricted Area and Wall-Ups D. Defensive-Using Chest Forearm Techniques E. Scoring in the Paint – Wheel Footwork
Lab	12	III	Individual Offensive Fundamentals A. Dribbling B. Footwork C. Passing 1. Bounce pass 2. Chest pass 3. Overhead pass D. Shooting 1. Lay-ups 2. Form shooting 3. Jump shot E. Screening F. Rebounding
Lab	4	IV	Advanced Basketball Conditioning A. Strength training B. Muscle power training C. Stretching D. Core conditioning
Lab	6	V	Advanced Defensive Fundamentals A. Body positioning- using chest/ forearm B. Movement of feet – foot positioning C. Rebounding – locating blocking out
Lab	8	VI	Team Offensive Strategies A. Fast break strategies B. Half-court play execution C. Full-court play execution D. Communication on both ends of the floor
Lab	4	VII	Team Defensive Strategies A. Advanced zone defense B. Advanced full court press
Lab	16	VIII	Tournament Competition A. Three-on-Three Games with Parameters B. Five-on-Five Games with Parameters
Total Lecture Hours		0	
Total Laboratory Hours		54	
Total Hours		54	

IV. PRIMARY METHODS OF EVALUATION AND SAMPLE ASSIGNMENTS

A. PRIMARY METHOD OF EVALUATION

Skills demonstrations

B. TYPICAL ASSIGNMENT USING PRIMARY METHOD OF EVALUATION

During tournament play, student(s) will analyze effective team defensive positioning by effectively communicating who is providing on-ball pressure, gap-coverage (one-pass away) & help-side positioning (two-passes away). Student(s) will also be able to explain how each defensive player on the floor should move with each corresponding pass of the basketball to ensure they are in proper on-ball or help coverage as the ball moves.

C. COLLEGE LEVEL CRITICAL THINKING ASSIGNMENTS

1. During tournament play, analyze the effectiveness of an opposing team's on-ball screening action and the various options that the ball-handler should analyze. Based on this analysis, discuss what defensive tactics and strategies the opposing team should utilize which could limit the offensive team's overall success rate.
2. During tournament play, an offensive player will demonstrate the appropriate footwork (and ball-handling) necessary to attack various on-ball screen coverages (i.e. hedge, switch, jam and "icing" the screen).

D. OTHER TYPICAL ASSESSMENT AND EVALUATION

Class Performance
Oral Exams
Completion
Performance Exams
Quizzes
True/False
Matching Items
Multiple Choice

V. INSTRUCTIONAL METHODS

Group Activities
Lab
Role play/simulation
Discussion
Demonstration

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, instructional 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

Estimated Study Hours Per Week: 0

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. Requisite/s (Course and Non-Course Prerequisite/s and Corequisite/s). Add rows as needed.

Requisites	Category and Justification

- B. Requisite Skills - Match skills from prerequisite course/s or non-course prerequisites without which a student would be "highly unlikely to succeed."

Requisite Skills – Matching

- C. Recommended Preparations (Course and Non-Course)

Recommended Preparation	Category and Justification

- D. Recommended Skills. Match skills from recommended courses or non-course prerequisite that would "enhance a students' ability to succeed in the courses".

Recommended Skills – Matching
<p>Recommended Skill Needed: Interpret and apply the rules of basketball and footwork, dribbling, passing skills</p> <p>PE 4: Demonstrate beginning techniques in the offensive skills of footwork, dribbling, passing, and shooting.</p> <p>PE 4: Interpret and apply the rules of basketball during game simulated competition.</p> <p>PE 4: Identify the dimensions of a college basketball court, its markings, and the terminology for specific locations on the floor.</p>

E. Enrollment Limitations

Enrollment Limitations and Category	Enrollment Limitations Impact

Course created by: Robert Uphoff Fall 2019

BOARD APPROVAL DATE: 01/21/2020

LAST BOARD APPROVAL DATE: