

Fond du Lac Tribal and Community College

COURSE OUTLINE

Date submitted: 11/21/07 Date approved:

Department and Course Number: PE 1012

Title of Course: Basketball

Number of credits: Lecture Lab 1

Catalog/Course Description:

Fundamentals of basketball. Dribbling, shooting (set, jump, and free throw), and passing. Limited game-playing in one-on-one, three-on-three, and five-on-five settings.

Placement for Success prerequisites: (See instruction sheet)

Reading: Level 1 English/Writing: Math:

Recommended course materials and resources, e.g. textbooks, workbooks, study guides, lab manuals, videos, guest lecturers. If applicable.

Students are expected to attend all lectures and working sessions, participate in all activities and discussion, listen to and follow directions, complete assignments on time, and request assistance when needed. Students are expected to assist with equipment when necessary. Attendance and class participation are critical in this class.

Special Information:

This class is intended for students of all ages and abilities. Any individuals who have not participated in physical activities are advised to consult a physician before participating. Any history of disease or disability requiring limited participation should be reported to the instructor.

Activity classes even under the safest possible conditions can be hazardous. Safety rules must be followed to minimize the risk of injury.

Relationship of proposed course to the department mission and goals

This course develops skills in a team sport of basketball. It meets the department mission by providing instruction in a lifetime physical activity. It meets the College goal of wellness.

Wellness is the recognition and incorporation of healthy behaviors into one's lifestyle. The department of PE recognizes the value of participation in fitness and recreational activities as one of many important behaviors for the development of a wellness lifestyle. This course may contribute to your implementation of appropriate wellness behaviors.

Course goals:

Goal: To develop abilities (physical, cognitive, fitness, affective) necessary to participate in lifetime team sport-basketball.

Goal: To acquire a positive attitude toward physical activity and the knowledge and skills to develop and maintain an appropriate fitness level.

Learning outcomes: (A minimum of one learning outcome shall be provided for each course goal)

State a minimum of two assessment instruments for each learning outcome.

Outcome: To identify and appropriately use terminology, rules, etiquette and safety during play.

Assessment: Written exam

Assessment: Self assessment

Outcome: To demonstrate during play the ability to execute:

-Movement with the ball-dribbling

-movement without the ball

Assessment: Self-assessment

Assessment: AAHPERD skills tests

Assessment: Game play in class

Outcome: Score a game.

Assessment; Written exam

Assessment: Self appraisal

Outcome: To demonstrate the ability to execute the following:

-Bounce Pass

-Chest Pass

-Overhead Pass

-Set Shot

-Free Throw

-Lay-up

Assessment: Self-assessment (performance check-off)

Assessment: Written exam

Assessment: AAHPERD skills test

Outcome: To demonstrate the ability and skills necessary to play during a game the following:

- Zone Offense

- Player-Player Defense

- Zone Defense

 - 1-3-1

 - 2-3

 - Assessment: Self assessment

 - Assessment: Performance check off

 - Assessment: Game play-instructor evaluation

Course content:

(Provide an outline of major topics covered in course)

- Brief Overview

 - History

 - Rules

 - Safety

 - Scoring

- Basic Skills

 - Ball Handling

 - Chest Pass

 - Bounce Pass

 - Overhead Pass

 - Dribbling

 - Shooting Skills

 - Set shot

 - Free-throw

 - Lay-up

- Cardiovascular endurance role of basketball

- Offensive and defensive strategies

 - Zone

 - Player-Player

Placement for Success prerequisite

Check one of each area--English, reading, and math

Prerequisite	X
English level 1	
English level 2	
no English prerequisite	X
Reading level 1	X
Reading level 2	
Reading level 3	
no Reading prerequisite	
Math level 1	
Math level 2	
Math level 3	
Math level 4	
no Math prerequisite	X