

PALOMAR COLLEGE
COURSE OUTLINE OF RECORD FOR
DEGREE CREDIT COURSE

 X Transfer Course X A.A. Degree applicable course
 (check all that apply)

COURSE NUMBER AND TITLE: ACS 110 Intercollegiate Basketball (Men/Women)

UNIT VALUE: 2

MINIMUM NUMBER OF SEMESTER HOURS: 175

BASIC SKILLS REQUIREMENTS: Appropriate language skills

ENTRANCE REQUIREMENTS None

PREREQUISITE: None

COREQUISITE: None

RECOMMENDED PREPARATION: None

SCOPE OF COURSE:

To provide students with the opportunity to develop advanced skills and the strategies in this specific sport which will be applied to competitive situations.

SPECIFIC COURSE OBJECTIVES:

Successful students will be able to:

1. Analyze and apply principles of the fundamentals of offensives and defensives strategies in the game of basketball.
2. Explain and perform good fundamentals of shooting, passing, dribbling, catching and rebounding for basketball.
3. Apply principles of cardiovascular conditioning throughout practice and games.
4. Identify the role of each player on the team.
5. Identify the values and principles of self-motivation, teamwork, communication, discipline and utilize them throughout the season.
6. Analyze, identify and apply principles of listening skills, good sportsmanship, leadership, mental toughness and making a commitment to a program.

CONTENT IN TERMS OF SPECIFIC BODY OF KNOWLEDGE:

Rules pertaining to men's/women's basketball.

Terminology of basketball.

Knowledge of offensive and defensive strategies that are involved in the total game.

1. Pre-Season
 - A. 1. Ball handling
 2. Pivots
 3. Rebounding

4. Blocking out
5. Shooting
6. Jab fakes
7. Dribbling drills
8. Approach drills
9. Mass defensive drills
 - A. on-ball defense
 - B. Off-ball defense
- B.
 1. Station drills
 2. Fast break drills
 3. Defense
 - A. 1-on-1
 - B. 2-on-2
 - C. Seal - Recover
 4. Individual offensive moves
 5. Full Court: Offense vs. full and half-court press
 6. Mass Conditioning
2. Season
 - A. Mass fundamentals
 - B. Defense
 1. Player
 2. Zone
 3. Press
 4. Combination
 - C. Offensive set
 - D. Fast break
 - E. Offense vs. defense
 1. Stack vs. player and zone
 2. Double post vs. player and zone
 3. High-low vs. zone
 - F. Offense vs. full- on 1- half-court presses
 - G. Special situations

REQUIRED READING:

Instructor generated reading takes place through review of team handouts on: Team offenses, defenses, presses, out-of-bounds plays, goals and objectives, rules and eligibility. Players will compile all handouts into player's team book.

SUGGESTED READING:

Wooden, John. Practical Modern Basketball, New York: McMillan, 1988.

REQUIRED WRITING:

Skill demonstration of basketball shooting, dribbling, passing, running, team play are more appropriate.

OUTSIDE ASSIGNMENTS:

Students are expected to spend a minimum of three hours per unit per week in class and on outside assignments, prorated for short-term classes.

1. Students will attend games and tournaments.
2. Students will meet with trainer to prevent and rehabilitate injuries.
3. Students will review videos.

INSTRUCTIONAL METHODOLOGY:

Check all that apply:

- lecture
- laboratory
- lecture-laboratory combination
- directed study

DISTANCE LEARNING:

This course may be offered as a distance learning course and meets Title 5 regulations 55370, 55372, 55374, 55376, 55378, and 55380.

Yes ___ No X

If yes, check all that apply:

- Television Course (Video one-way, e.g. ITV, video cassette, etc.)
- Online Course (Text one-way, e.g. newspaper, correspondence, electronic file, etc.)
- Two-Way Video Conferencing (Two-way interactive video and audio)
- One-Way Video Conferencing (One-way interactive video and two-way interactive audio)
- Computer Assisted Instruction (A specialized form of mediated instruction relying primarily on student access to information and prepared lessons or teaching materials through a computer terminal, but not under immediate supervision of a qualified instructor.)

GRADING POLICY AND STANDARDS (include methods of determining whether the stated objectives have been met by students):

- Participation (practices, scrimmages, games) = 40%
- Team play - contests = 40%
- Attitude = 20%

- Scale:
- A = 100%-90%
 - B = 89%-80%
 - C = 79%-70%
 - D = 69%-60%
 - F = 59%-Below

IS COURSE REPEATABLE FOR REASON(S) OTHER THAN DEFICIENT GRADE?

Yes X No ___ Number of times course may be taken for credit: 3

If yes, identify specific provision of Title 5 Division 2 section(s), 55761-55763 and 58161 which qualifies course as repeatable:

58161 (C) (2) (A) and (B)

CONTACT PERSON: Sherry Titus, extension 2526
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SIGNATURES:

By signing this form, I certify that this course outline of record meets all the minimum requirements for associate degree credit courses as specified in Title 5 Section 55002.

SIGNATURES ON FILE