

**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:** PE 211 Professional Preparation for Basketball

**UNIT VALUE:** 1, 1.5, 2

**MINIMUM NUMBER OF SEMESTER HOURS:** 32, 48, 64

**BASIC SKILLS REQUIREMENTS:** Appropriate language skills

**ENTRANCE REQUIREMENTS:** None

**PREREQUISITE:** None

**COREQUISITE:** None

**RECOMMENDED PREPARATION:** None

**SCOPE OF COURSE:**

Development of fundamental skills with emphasis on history, rules, styles, game strategy, current developments, preparation of teams for games and weekly practice schedules, and anticipated innovations for the future.

**SPECIFIC COURSE OBJECTIVES:**

Successful students will:

1. identify principles of proper body mechanics by diagnosis, and proper techniques.
2. compare and contrast game strategy in a recreational as apposed to a competitive style.
3. apply principles of written and practical testing on the game of basketball.
4. identify and utilize individual basketball skills.
5. synthesize individual skills while emphasizing team play.
6. compare and contrast the basic rules of high school and collegiate competition.
7. analyze basic defensive techniques including player to player and zone defenses.
8. explain basic offensive techniques including dribbling passing and shooting.

## **CONTENT IN TERMS OF SPECIFIC BODY OF KNOWLEDGE:**

- I. Fundamentals
  - A. Ball handling
  - B. Passing
  - C. Shooting
  - D. Stretching
  - E. Footwork techniques
  - F. Conditioning
  - G. Rebounding
  
- II. Defense
  - A. Individual
  - B. Team
  - C. Player to player
  - D. Zone
  - E. Presses
  
- III. Offense
  - A. Individual
  - B. Team
  - C. Player to player
  - D. Zone
  - E. Press break
  
- IV. Game Preparation
  - A. Scouting team and individual
  - B. Team offense and defense
  
- V. Off season
  - A. Weight program
  - B. Conditioning
  - C. Eligibility

### **REQUIRED READING:**

Instructor-generated handouts.

### **SUGGESTED READING:**

None.

### **REQUIRED WRITING:**

Skills demonstration is 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.**

Read and study handouts and lecture notes. Practice skills and study for exam.

**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

**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	70%
Skills demonstration	20%
Exam	10%

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

Yes  No  Number of times course may be taken for credit: 4

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:** John O'Neill, Extension 2474

<b>SIGNATURES ON FILE</b>
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