



# El Camino College

## COURSE OUTLINE OF RECORD - Official

### I. GENERAL COURSE INFORMATION

**Subject and Number:** Physical Education 105ABC  
**Descriptive Title:** Women's Intercollegiate Basketball Team

**Course Disciplines:** Physical Education  
or Coaching

**Division:** Health Sciences and Athletics

**Catalog Description:** This course provides instruction, training, and practice in the advanced techniques of basketball and the opportunity for intercollegiate competition. Student athletes will compete against conference schools and other colleges.

*Note: This course is offered in the fall semester 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:** 10.00 hours per week  TBA  
**Course Units:** 3.00

**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. Student-Athletes will demonstrate improvement in their court related running speed.
2. Students will describe various offensive /defensive strategies.
3. Students will utilize statistical data to analyze their performance.

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. Comprehend and apply the rules and regulations of basketball competition.  
Class Performance
2. Perform offensive skills such as shooting, passing, and dribbling.  
Class Performance
3. Demonstrate the defensive techniques such as rebounding and "man-to-man" coverage.  
Class Performance
4. Demonstrate offensive tactics against both a zone and "man-to-man" defense.  
Class Performance

**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	15	I	Orientation A. Safety precautions for practice and competitions B. Basketball rules and regulations
Lab	15	II	Team Strategy A. Offense B. Defense
Lab	30	III	Strength and conditioning A. Muscle strength B. Muscle endurance C. Cardiovascular endurance D. Injury Prevention
Lab	50	IV	Offensive fundamentals: A. Dribbling B. Passing C. Receiving D. Shooting (jump shot, 3-point shot, free throw) 1. Jump shot 2. 3-point shot

			3. Free throw E. Rebounding
Lab	55	V	Defensive fundamentals A. Body position B. Movement of feet C. Rebounding D. Zone defense E. "Man-to-man" defense
Lab	15	VI	Post-season A. Player evaluation B. Team analysis
<b>Total Lecture Hours</b>		0	
<b>Total Laboratory Hours</b>		180	
<b>Total Hours</b>		180	

#### **IV. PRIMARY METHOD OF EVALUATION AND SAMPLE ASSIGNMENTS**

##### **A. PRIMARY METHOD OF EVALUATION:**

Skills demonstrations

##### **B. TYPICAL ASSIGNMENT USING PRIMARY METHOD OF EVALUATION:**

Demonstrate the proper type of outlet pass that starts the fastbreak offense.

##### **C. COLLEGE-LEVEL CRITICAL THINKING ASSIGNMENTS:**

1. After reviewing videotape of a zone defense, design and demonstrate in class an offensive play that would create a quick pass to a forward cutting to the basket.
2. Distinguish between the basic skills necessary to execute the jump shot and the three-point shot. Create and demonstrate in class a play for each against a zone defense.

##### **D. OTHER TYPICAL ASSESSMENT AND EVALUATION METHODS:**

Performance exams

Class Performance

Other (specify):

Intercollegiate competition

#### **V. INSTRUCTIONAL METHODS**

Demonstration

Lecture

Multimedia presentations

Other (please specify)

Multimedia analysis of practice and games

Multimedia analysis of elite athletes

Supervised drills and class competition

Multimedia analysis of each athlete's performance during training and 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**

Skill practice

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
------------	----------------------------

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 wishing to enroll in this athletic development class must demonstrate proficiency to perform the skills necessary for competitive performance as well as the health and safety of all participants.

D. Recommended Skills

Recommended Skills
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.

E. Enrollment Limitations

--

**Course created by Kristy Loesener on 09/01/1989.**

**BOARD APPROVAL DATE:**

**LAST BOARD APPROVAL DATE: 11/20/2017**

**Last Reviewed and/or Revised by Steve Shaw on 10/14/2016**

19791