



**El Camino College**  
**COURSE OUTLINE OF RECORD – Official**

<b>Course Acronym:</b>	PE
<b>Course Number:</b>	106abc
<b>Descriptive Title:</b>	Off-Season Training for Women's Intercollegiate Basketball Team
<b>Division:</b>	Health Sciences and Athletics
<b>Department:</b>	Kinesiology/Phys Ed/First Aid/CH/Med Term
<b>Course Disciplines:</b>	Coaching, Physical Education
<b>Catalog Description:</b>	<p>This course provides instruction and practice in the advanced techniques of basketball. All students will engage in an off-season program emphasizing instruction, skill development, strength training, and conditioning.</p> <p><i>Note: This course is offered in the spring semester and summer session only.</i>  <i>*Some UC transferable courses have credit limitations. For details, see a counselor, the Transfer Center adviser, or the articulation officer.</i></p>
<b>Prerequisite:</b>	
<b>Co-requisite:</b>	
<b>Recommended Preparation:</b>	High school varsity experience or equivalent skill
<b>Enrollment Limitation:</b>	
<b>Hours Lecture (per week):</b>	0
<b>Hours Laboratory (per week):</b>	3
<b>Outside Study Hours:</b>	0
<b>Total Course Hours:</b>	54
<b>Course Units:</b>	1
<b>Grading Method:</b>	Letter Grade only
<b>Credit Status:</b>	Credit, degree applicable
<b>Transfer CSU:</b>	Yes
<b>Effective Date:</b>	Prior to July 1992
<b>Transfer UC:</b>	Yes
<b>Effective Date:</b>	Spring 1994
<b>General Education: ECC</b>	Area 5 - Health and Physical Education
<b>Term:</b>	
<b>Other:</b>	
<b>CSU GE:</b>	
<b>Term:</b>	

<b>Other:</b>	
<b>IGETC:</b>	
<b>Term:</b>	
<b>Other:</b>	
<b>Student Learning Outcomes:</b>	<p><b>SLO #1 Fitness</b></p> <p>Identify the five components of physical fitness and describe how they relate to the development of basketball performance.</p> <p><b>SLO #2 Skill Related Fitness</b></p> <p>Students will demonstrate improvement's in skill related fitness components.</p> <p><b>SLO #3 Strategies</b></p> <p>Students will describe various offensive/defensive strategies</p>
<b>Course Objectives:</b>	<ol style="list-style-type: none"> <li>1. Apply the rules of intercollegiate basketball competition appropriately.</li> <li>2. Perform defensive techniques such as rebounding, shot blocking, and body positioning under the basket.</li> <li>3. Perform offensive techniques such as shooting, passing, dribbling, and starting the fast break offense.</li> <li>4. Design an off-season basketball strength training and conditioning program utilizing a combination of basketball drills and running workouts (aerobic and anaerobic training).</li> </ol>
<b>Major Topics:</b>	<p><b>I. Course Orientation (2 hours, lab)</b></p> <p>A. Safety precautions for practice and competitions</p> <p>B. Basketball rules and regulations</p> <p><b>II. Offensive Fundamentals (14 hours, lab)</b></p> <p>A. Dribbling</p> <p>B. Passing</p> <p>C. Receiving</p> <p>D. Shooting</p> <ol style="list-style-type: none"> <li>1. Jump shot</li> <li>2. Three-point shot</li> <li>3. Free throw</li> </ol> <p>E. Rebounding</p> <p><b>III. Defensive Fundamentals (14 hours, lab)</b></p> <p>A. Body position</p>

	<p>B. Movement of feet</p> <p>C. Rebounding</p> <p>D. Zone defense</p> <p>E. "Man-to-man" defense</p> <p><b>IV. Class Tournament Games (10 hours, lab)</b></p> <p>A. Zone offensive and defensive tactics</p> <p>B. "Man-to-man" offensive and defensive tactics</p> <p>C. Fastbreak offensive and defensive tactics</p> <p>D. Rotate teams and players at each position</p> <p><b>V. Conditioning (14 hours, lab)</b></p> <p>A. Aerobic conditioning</p> <p>B. Anaerobic conditioning</p> <p>C. Strength Training</p>
<b>Total Lecture Hours:</b>	0
<b>Total Laboratory Hours:</b>	54
<b>Total Hours:</b>	54
<b>Primary Method of Evaluation:</b>	3) Skills demonstration
<b>Typical Assignment Using Primary Method of Evaluation:</b>	Demonstrate the basic basketball skills of dribbling, shooting (short jumper, three-point), passing, and rebounding.
<b>Critical Thinking Assignment 1:</b>	Distinguish between the basic skills for successfully making a medium and long-range jump shot and the three-point shot. Create a play for each against a "man-to-man" defense and present it orally in class.
<b>Critical Thinking Assignment 2:</b>	After reviewing videotape of a high-post zone defense, design an offensive play to be demonstrated in class that would create a quick pass to a forward cutting to the basket.
<b>Other Evaluation Methods:</b>	Class Performance
<b>Instructional Methods:</b>	Demonstration, Lecture, Multimedia presentations, Other (specify)
<b>If other:</b>	
<b>Work Outside of Class:</b>	Course is Lab only
<b>If Other:</b>	
<b>Up-To-Date Representative Texts:</b>	
<b>Alternative Texts:</b>	

<b>Required Supplementary Readings:</b>	
<b>Other Required Materials:</b>	
<b>Requisite:</b>	
<b>Category:</b>	
<b>Requisite course(s): List both prerequisites and corequisites in this box.</b>	
<b>Requisite and Matching skill(s): Bold the requisite skill. List the corresponding course objective under each skill(s).</b>	
<b>Requisite Skill:</b>	
<b>Requisite Skill and Matching Skill(s): Bold the requisite skill(s). If applicable</b>	
<b>Requisite course:</b>	
<b>Requisite and Matching skill(s): Bold the requisite skill. List the corresponding course objective under each skill(s).</b>	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.
<b>Requisite Skill:</b>	High school varsity experience or equivalent skill
<b>Requisite Skill and Matching skill(s): Bold the requisite skill. List the corresponding course objective under each skill(s). If applicable</b>	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.
<b>Enrollment Limitations and Category:</b>	
<b>Enrollment Limitations Impact:</b>	
<b>Course Created by:</b>	Kristy Loesener
<b>Date:</b>	09/01/1989
<b>Original Board Approval Date:</b>	02/12/1990
<b>Last Reviewed and/or Revised by:</b>	Marvin Chang
<b>Date:</b>	05/05/2025

<b>Last Board Approval Date:</b>	06/26/2025
<b>Effective Term:</b>	FA 2026