

# Lassen Community College Course Outline

## PEAC-5C.02 Women's Varsity Basketball - Spring

1.0 Units

### I. Catalog Description

Spring semester intercollegiate Women's Varsity Basketball competition (second half of season) and practice. Since skills/proficiencies are enhanced by supervised repetition and practice, this course is repeatable to a maximum of three enrollments but can only be taken once per year. This course is approved for hybrid delivery for emergency use only.

Transfers to both UC/CSU

60 Hours Lab

Scheduled: **Spring only**

### II. Coding Information

Repeatability: Maximum three enrollments

Grading Option: Graded or Pass/No Pass

Credit Type: Credit - Degree Applicable

TOP Code: 083550

### III. Course Objectives

#### A. Course Student Learning Outcomes

Upon completion of this course the student will be able to:

Perform basketball skills in game play at a level appropriate for continued participation in intercollegiate basketball at a two-year or four-year institution.

#### B. Course Objectives

Upon completion of each enrollment of this course the student will be able to progressively show increased abilities (beginning, intermediate, advanced levels) to:

1. Utilize knowledge of basketball conditioning to maintain optimal fitness.
2. Demonstrate proficient skills necessary for the effective execution of an offensive attack.
3. Demonstrate proficient skills necessary for the effective execution of a defense attack.
4. Demonstrate the skills necessary to participate in varsity basketball at the first-year, second-year and advanced collegiate levels.
5. Understand and explain positional responsibilities for all offensive and defensive players.
6. Apply an understanding of defensive philosophy to competitive game situations.
7. Demonstrate knowledge of and ability to execute offensive strategies during intercollegiate varsity competition.
8. Analyze complex competitive situations and apply correct strategy and technique.

### IV. Course Content

#### First Enrollment

##### A. Conditioning

1. Warm Ups
2. Aerobics
3. Ball Exercises

4. Game Condition
  5. Isolating Key Muscle Groups
  6. Handling Injuries
- B. Individual Skills - Basic**
1. Ball Handling
  2. Passing
  3. Shooting
  4. Ball Control
- C. Rules of the Game - Basic**
1. The Court and Equipment
  2. Basic Positions
- D. Offensive Strategies**
1. Passing & Positioning
  2. Give and Go
  3. Shooting
- E. Defensive Strategies**
1. Attacking the Ball
  2. Pressing
  3. Zone vs. Man
- F. Game Play**  
Scrimmages

## **V. Assignments**

### **A. Appropriate Readings**

NCAA Basketball Rulebook

### **B. Writing Assignments**

None

### **C. Expected Outside Assignments**

None

### **D. Specific Assignments that Demonstrate Critical Thinking**

Students will demonstrate critical thinking during scrimmages and games.

## **VI. Methods of Evaluation**

### **Traditional Evaluation**

**Example #1:** To demonstrate advanced ball control, the instructor will observe and evaluate student performance scrimmage and/or game situations. Competency is demonstrated by the student through the ability to control the ball, within playing distance, in a majority of the game situations.

**Example #2:** To demonstrate analysis and response to complex situations, the instructor will observe and evaluate student judgement and performance in scrimmage and/or game situations. Competency is demonstrated by the student through the ability to make the correct strategy decision (pass, shoot, etc.) and apply the appropriate technique (bounce pass, jump shot, etc.) in a majority of all situations with increasing proficiency depending on enrollment (beginning, intermediate, advanced).

### **Hybrid Evaluation (For Emergency Use Only)**

Between the two delivery methods, students will be expected to participate in personal and team skill development at least as much as would be expected in traditional face-to-face delivery. Students will be evaluated based on development of and performance of skills during practices and competitions. In the online environment, students will provide

a video or demonstrate skills live online to regularly receive feedback and be evaluated.-  
If assignments are given online, students will be expected to complete assignments and activities equivalent to in class assignments and activities for the online portion of the course. Electronic communication, both synchronous and asynchronous (chat/forum/email) will be utilized for participation and to maintain effective communication between instructor and students

## VII. Methods of Delivery

Check those delivery methods for which, this course has been separately approved by the Curriculum/Academic Standards Committee.

**Traditional Classroom Delivery**  Correspondence Delivery

Hybrid Delivery  Online Delivery

### Traditional Delivery

1. Instructor will demonstrate methods of physical conditioning appropriate to the sport. Students will perform drills, individually and in groups, for each conditioning component, under the supervision and feedback of the instructor. Students will be shown how to judge their own physical condition and will learn self-selection of the appropriateness and extent of each conditioning component.
2. For individual skills, the instructor will demonstrate the proper technique and then supervise students in the performance of drills to gain mastery of the skill. Instructor will provide individual feedback and instruction as needed.
3. For strategy skills, the instructor will use appropriate diagrams to introduce the strategy and then conduct appropriate groups drills to illustrate the skill. Utilizing scrimmage and game situations, the instructor will follow each student's selection and execution of the appropriate strategies and provide group and individual feedback.
4. For rules of the game, the instructor will demonstrate situations appropriate to the application of each rule, design and conduct drills to reinforce the rules, and provide feedback to students during scrimmage and game situations.

### Hybrid Delivery (For Emergency Use Only)

Between the two delivery methods, students will be expected to participate in personal and team skill development at least as much as would be expected in traditional face-to-face delivery. A combination of traditional classroom and online instruction will be utilized. Each semester a minimum of 20 hours will be taught face-to face by the instructor and the remaining hours will be instructed online through the technology platform adopted by the District. Traditional class instruction will consist of instruction, demonstration, exercises/assignments, and practice drills. Online delivery will consist of information, exercises/assignments, and discussions, with additional extra resources and other media, including video clips for performance of skills, as appropriate

## VIII. Representative Texts and Supplies

None

## IX. Discipline/s Assignment

Coaching, Physical Education

**X. Course Status**

Current Status: Active

Original Approval Date: 4/05/2016

Board Approval Date: 04/12/2016

Chancellor's Office Approval: 04/15/2016

Revised By:

Latest Curriculum/Academic Standards Committee Revision Date: 01/19/2021

Revised for IPR, no change: 03/15/2022