Lassen Community College Course Outline

PEAC 5D Off-Season Skills and Conditioning for Basketball 1.0 Units

I. Catalog Description

Off-season skill development and strategy tactics combined with fitness conditioning to prepare interested participants for intercollegiate varsity basketball competition. 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 online and hybrid delivery for emergency use only.

Diversity Statement

Diversity is a strength. We work hard to remove barriers, so everyone has equal opportunities. We create a safe, welcoming classroom where all differences are valued. By sharing our unique perspectives, we help each other learn and grow as a caring educational community.

Additional Course Information

Transfer Status:

- CSU/UC
- Local GE Area: N/A
- Cal-GETC Area: N/A

Total Number of Hours by Instructional Method:

- 51 Laboratory Hours
- 51 Total Hours of Instruction
- Scheduled: Spring Only

II. Coding Information

- Repeatability: A Maximum of three enrollments
- Grading Option: Student's Choice of Graded or Pass/No Pass
- Credit Type: Credit - Degree Applicable/Credit
- TOP Code: 083500
- CIP Code: 310501
- SAM Code:
  ☐ A-Apprenticeship
  ☐ B-Advanced Occupational
  ☐ C-Clearly Occupational
  ☐ D-Possibly Occupational
  ☒ E-Non-Occupational

III. Course Objectives

Course Student Learning Outcomes

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

1. Comprehend, analyze and execute fundamental basketball skills and strategies.
2. Apply the appropriate skills and strategies to a variety of basketball game situations.
3. Demonstrate increased muscular strength, muscular endurance, and cardiovascular endurance specific to the sport of basketball.

Course Objectives

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

1. Demonstrate physical conditioning appropriate to basketball.
2. Demonstrate individual basketball skills.
3. Demonstrate knowledge of offensive and defensive team play.
4. Demonstrate knowledge of strategic basketball situations.
5. Demonstrate and apply the rules of basketball in typical situations.
6. Demonstrate in simple situations the application of correct strategy and technique.

IV. Course Content

A. Development of Fitness and Conditioning
   a. Warm-ups
   b. Stretching/Flexibility
   c. Running Speed and Endurance
   d. Agility Exercises
   e. Game Conditioning
   f. Isolating Key Muscle Groups
   g. Handling Injuries
   h. Exercises for muscular strength in basketball
   i. Exercises for muscular endurance in basketball
   j. Exercises for cardiovascular fitness in basketball

B. Individual sport-specific skills
   a. Offensive skills
   b. Defensive skills
   c. Team communication

C. Rules of the Game
   a. Offensive Terms and Rules
   b. Defensive Terms and Rules
   c. Positional Responsibilities

D. Strategies
   a. Offensive Strategies
   b. Defensive Strategies

E. Special Skills and Situations

F. Game Play
   Intrasquad scrimmages and simulated situations

V. Assignments

Appropriate Readings

- None

Writing Assignments

- Students may write self-evaluations and team evaluations, and they may write letters of interest to prospective 4-year coaches

Expected Outside Assignments

- None

Specific Assignments that Demonstrate Critical Thinking

- The student will analyze game-like situations and demonstrate the appropriate skills and strategies necessary for preparation for intercollegiate basketball competition.
- The student will analyze those behaviors which demonstrate leadership, team play and sportsmanship and will apply their knowledge during competitive events.

VI. Universal Design for Learning Principles

Definitions and/or examples of UDL methods can be found in the Curriculum Handbook.

☒ Multiple Means of Engagement
☒ Multiple Means of Representation
☒ Multiple Means of Action and Expression

VII. Representative Texts and Supplies

No required texts or supplies

VIII. Disciplines

Coaching, Physical Education

IX. Course Status

1. Current Status: Active
2. Original Approval Date: 05/21/2013
3. Course Originator:
4. Board Approval Date: 06/11/2013
5. Chancellor's Office Approval Date:
6. Revised By: Will Freedman
7. Curriculum/Academic Standards Committee Revision Date: 3/3/2026
8. See the following page for Methods of Evaluation and Methods of Delivery.

X. Methods of Evaluation

List general evaluation methods. Handbook Descriptions
Only include the appropriate evaluation modalities

☒ Traditional Evaluation
☐ Correspondence Evaluation
☒ Hybrid Evaluation
☐ Online Evaluation
☐ Other (Please List):

Traditional Evaluation
Term paper (topic choice, thesis statement, outline, bibliography, rough draft, final draft), homework, classroom discussion, essay, journals, lab demonstrations and activities, multiple choice quizzes, and participation.
Hybrid Evaluation
Quizzes and exams could be administered in person and/ or online. Students will be expected to complete online 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) will be evaluated for participation and to maintain effective communication between instructor and students.

XI. Methods of Delivery

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

☒ Traditional Classroom Delivery
☐ Correspondence Delivery
☒ Hybrid Delivery
☐ Hybrid With Lab Delivery
☐ Online Delivery

Traditional Classroom Delivery
Lecture, discussion, audio/visual aids, demonstration, group exercises, guest speakers, lab, individualized programs and other as needed.
Hybrid Delivery
A combination of traditional classroom and online instruction will be utilized. Each semester a minimum of 17 hours, or 1/3 of the instruction 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 could consist of exercises/assignments, lectures, visual aids, practice exercises, exams and quizzes. Online delivery could consist of exercises/assignments, lecture posts, discussions, exams and quizzes, adding extra resources and other media sources as appropriate.