



DEPARTMENT OF PHYSICAL EDUCATION AND KINESIOLOGY

COURSE OUTLINE – FALL 2021

PA1110 A2 Instruction of the Basics of Basketball 3 (0-0-3) UT 45 Hours for 15 Weeks

Grande Prairie Regional College respectfully acknowledges that we are located on Treaty 8 territory, the traditional homeland and gathering place for many diverse Indigenous peoples. We are honoured to be on the ancestral lands of the Cree, Dene/Beaver and Métis, whose histories, languages, and cultures continue to influence our vibrant community. We are grateful to have the opportunity to work, learn, and live on this land.

INSTRUCTOR: Coach Zuko
OFFICE: K221
OFFICE HOURS: By appointment.

PHONE: (780) 539-2990
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FALL 2021 DELIVERY: Onsite Delivery. This course is delivered onsite at the GPRC Grande Prairie campus. Students must supply their own mask and follow GPRC Campus Access Guidelines and Expectations.

CALENDAR DESCRIPTION: Acquisition of theoretical knowledge and personal skills used in the instruction of the basics of basketball.

PREREQUISITE(S)/COREQUISITE: None.

REQUIRED TEXT/RESOURCE MATERIALS: As prescribed by instructor (no allocated textbook).

DELIVERY MODE(S): The course work will include in-person activity labs.

COURSE OBJECTIVES:

- Students will be exposed to a variety of instructional and coaching methodologies.
- Students will be provided with the opportunity for application of theory through activity.
- Students will be provided with opportunities for students to develop an awareness of present skill level and methods/strategies for improvement in self and others.
- Students will be exposed to appropriate teaching-coaching progressions for basketball.
- Students will develop an understanding of the importance and practical application of the conceptual approach and how this can assist the physical educator in providing quality instruction and assessment.

- Students will develop an understanding of how concepts of general movement, theory, physical literacy, long term athlete development & sport for life are applied to this activity.

LEARNING OUTCOMES:

- Students will develop and demonstrate competency in the basic psychomotor skills of basketball including footwork, court movement, ball handling, dribbling, shooting, passing, rebounding and defense.
- Students will demonstrate a cognitive and practical understanding of common strategic concepts of basketball
- Student will complete a shot analysis using video analysis tools
- Students will develop a teaching-coaching resource unit
- Students will participate in a variety of competitive and evaluative models

TRANSFERABILITY:

UA, UC, UL, AU, GMU, CU, CUC, KUC.

Please consult the Alberta Transfer Guide for more information

(<http://alis.alberta.ca/ps/tsp/ta/tbi/onlineSearch.html?SearchMode=S&step=2>)

**** Grade of D or D+ may not be acceptable for transfer to other post-secondary institutions. Students are cautioned that it is their responsibility to contact the receiving institutions to ensure transferability**

EVALUATIONS:

Quizzes (x2)	20%
Shot Analysis	20%
Lay-up Assessment	10%
Skill Assessment (x3)	20%
Final Exam	30%

GRADING CRITERIA: (The following criteria may be changed to suite the particular course/instructor)

Please note that most universities will not accept your course for transfer credit **IF** your grade is **less than C-**. This means **DO NOT GET LESS THAN “C-” IF YOU ARE PLANNING TO TRANSFER TO A UNIVERSITY.**

Alpha Grade	4-point Equivalent	Percentage Guidelines		Alpha Grade	4-point Equivalent	Percentage Guidelines
A+	4.0	90-100		C+	2.3	67-69
A	4.0	85-89		C	2.0	63-66
A-	3.7	80-84		C-	1.7	60-62

B+	3.3	77-79		D+	1.3	55-59
B	3.0	73-76		D	1.0	50-54
B-	2.7	70-72		F	0.0	00-49

COURSE SCHEDULE/TENTATIVE TIMELINE:

Lectures: Tuesday/Thursday

2:30 – 3:50 pm

Room: Gym

Mon	Topic	Wed	Topic
		2 Sep	Introduction to course (via zoom)
7 Sep	Footwork, ball handling, passing and rules	9 Sep	Footwork, ball handling, passing and rules
14 Sep	Stationary shooting and lay ups	16 Sep	Stationary shooting and lay ups
21 Sep	Shooting (off the dribble) and floaters	23 Sep	Shot analysis, shooting stations and scoresheets
28 Sep	Shot analysis, shooting stations and referee signals	30 Sep	Quiz 1 (10%) & skills test 1 (5%)
5 Oct	Post ups and skill circuit	7 Oct	Post ups and rebounding Shot analysis (20%) due 9 October 11:59pm
12 Oct	Fall break – no classes	14 Oct	Fall break – no classes
19 Oct	Transition	21 Oct	Screen and roll
26 Oct	Transition	28 Oct	Screen and roll Lay-up assessment (10%) due 30 October 11:59pm
2 Nov	Skills test 2 (5%) Screen and pop and defending a screen	4 Nov	Motion offense and man defense
9 Nov	Motion offense and man defense	11 Nov	No lab – Remembrance Day
16 Nov	Zone offense and defense	18 Nov	Zone offense and defense
23 Nov	Presses, traps and press breaks	25 Nov	Quiz 2 (10%) and in-class tournament
30 Nov	In-class tournament	2 Dec	In-class tournament
7 Dec	Skills test 3 (10%)		
<i>Note: Minor schedule changes or adjustments are possible</i>			
Final Exams: December 11 - 19 December 2020			

STUDENT RESPONSIBILITIES:

Regular attendance and participation are expected at ALL sessions as much of the information provided cannot be obtained in any other way. Students who miss more than 10% of the total number

of classes may NOT be granted permission to write the final exam, and/or asked to withdraw from the course. Students who miss class due to medical reasons MUST present medical verification to their instructor. Notify the instructor of any allergies or medical conditions. Dress in appropriate clothing and footwear for all gymnasium sessions.

STATEMENT ON PLAGIARISM AND CHEATING:

Cheating and plagiarism will not be tolerated and there will be penalties. For a more precise definition of plagiarism and its consequences, refer to the Student Conduct section of the College Admission Guide at <http://www.gprc.ab.ca/programs/calendar/> or the College Policy on Student Misconduct: Plagiarism and Cheating at www.gprc.ab.ca/about/administration/policies/**

****Note:** all Academic and Administrative policies are available on the same page.

Additional Information:

- As this is an activity class students will be expected to participate in the physical activities required to learn about and experience cardiovascular exercise. Students missing more than 3 classes will be warned and any further absences will result in the student being removed from the class.
- Students seeking the excellent rating should be able to illustrate good training behavior, by being appropriately dressed, punctual, good attendance, considerate towards others, have a good work ethic, and help to create a good learning environment for the class. This will be determined from the student attendance records, and in-class observation of each student.
- Students must come prepared and dressed appropriately to exercise and attend class wearing a face covering.