

**GRANDE PRAIRIE REGIONAL COLLEGE**  
**DEPARTMENT OF PHYSICAL EDUCATION, ATHLETICS AND KINESIOLOGY**

**PA 1110 – INTRODUCTION TO BASKETBALL COURSE OUTLINE**

**Fall 2004 – GPRC Gymnasium - Mon + Wed 4:00 – 5:20 pm**

**Instructor: Chris Nicol, ph 539-2838, fax 539-2811 office K214, cnicol@gprc.ab.ca**

**COURSE OBJECTIVES:**

- To learn and perform the basic skills of basketball
- To develop and demonstrate an understanding of the principles of team play
- To gain a functional knowledge of the history, rules, organization of the sport
- To develop an appreciation for basketball as both a competitive and recreational activity

**COURSE CONTENT:**

- **INDIVIDUAL OFFENSIVE SKILLS**  
ready position, footwork, pivots  
passing, receiving, dribbling, ball handling  
shooting – jump shot, lay-ups, free throws, rebounding
- **INDIVIDUAL DEFENSIVE SKILLS**  
ready position, footwork  
defense On and OFF the ball, rebounding
- **ONE vs ONE PLAY**
- **BASIC TEAM PLAY**  
2 v 2, 3 vs 3, 4 vs 4, 5 vs 5  
screen + roll, give and go
- **CLASSROOM**  
rules, history, organization, equipment  
developing a program  
socialization, teaching, skill analysis, planning

**TRANSFERABILITY** (1.5 credits)

U of Alberta = PAC 111, U of Calgary = PEAT 201/301, U of Lethbridge = PHAC 2505

**COURSE TEXT**

Oliver, Jon; Basketball Fundamentals; Human Kinetics; Champaign, Ill; 2003

**COURSE EVALUATION**

Skill Evaluations = 50%, Assignments = 30%, Final Exam = 20%

Note: Dec 2-4 Required Minor Official Duties at the Wolves Senior Basketball Classic

**Attendance, Attire and Participation**

This is an activity course. Students are expected to be in attendance at all classes, properly attired and to participate fully. Students amassing 3 or more unexcused absences may be denied permission to write the Final Exam as per PEAK Department policy.