

GRANDE PRAIRIE REGIONAL COLLEGE
DEPARTMENT OF PHYSICAL EDUCATION AND ATHLETICS
PA 1110 - BASKETBALL
COURSE OUTLINE -WINTER 1994

INSTRUCTOR: Leigh Goldie Office K219 Phone 539-2978

CLASS TIMES: Tuesday and Thursday, 1:30 - 2:50 pm, Gymnasium

COURSE OBJECTIVES:

1. To learn and be able to perform the basic skills of basketball.
2. To develop an understanding of the basic principles of team play.
3. To gain a functional knowledge of the history, rules and organization of basketball.
4. To gain an appreciation of basketball as a competitive or recreational activity.

TRANSFERABILITY:

University of Alberta	PAC 111 (3)
University of Calgary	PEAT 201/301 (1.5)
University of Lethbridge	PHAC 2505 (1.5)

COURSE CONTENT: Topics covered will include the following:

- a. Individual Offensive Skills
 - ready position, footwork, pivoting
 - passing and receiving
 - dribbling
 - set shots, jump shots, layups
- b. Individual Defensive Skills
 - ready position, footwork
 - defense on and off the ball
- c. Rebounding
- d. One-On-One
- e. Elementary Team Play
 - two-on-two
 - three-on-three
 - beginning five-on-five
- f. Classroom Sessions
 - rules, history, organization, equipment selection
 - developing a program
 - socialization, teaching, skill analysis, mental training, planning

COURSE TEXT:

Level One Technical Manual, 1987. Basketball Canada

CLASS ATTENDANCE:

Students are reminded that Department of Physical Education and Athletics policy states that you may be denied permission to write the final exam if you have *three or more* unexcused absences during the term.

COURSE EVALUATION:

Skill Tests	60%
Term Assignment	20%
Written Test	<u>20%</u>
	100%

***Students who successfully complete this course may qualify for Level I Technical certification for basketball in the NCCP program. Perfect attendance will be one of the conditions for certification.