

GRANDE PRAIRIE REGIONAL COLLEGE
DEPARTMENT OF PHYSICAL EDUCATION AND ATHLETICS
PA 1110 - BASKETBALL
COURSE OUTLINE - WINTER 1995

INSTRUCTOR: Leigh Goldie Office K219 Phone 539-2978

CLASS TIMES: Tuesday and Thursday, 9:30 - 10:50 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.

PA 1110 - BASKETBALL - TERM ASSIGNMENT

You have a choice of doing one of three term assignments. Each has a value of 20% and is due by Friday, April 7.

1. Write a paper dealing with a strategic aspect of basketball. The paper should be 8-10 pages in length and include at least five or six recent references. Use illustrations where appropriate and the paper should be typed.
2. Do a video analysis of yourself following the criteria listed in the handout.
3. Prepare a complete scouting report on a local high school team or one of the College teams. You need to observe at least three games for the team you choose. Your report should include a detailed analysis of the offensive and defensive systems used by the team as well as notes on the strengths and weaknesses of the key players. In addition, you should discuss the strategies you would employ to play against this team.

PA 1110 - BASKETBALL
SKILL ANALYSIS

The skills to be analysed are as follows:

- a. dribbling - crossover or reverse pivot
- b. lay-ups - non-dominant hand
- c. free throws
- d. jump shots from a dribble - going right or left.

For each skill you need to develop a checklist of key points necessary to execute the skill according to ideal form. Be as complete as possible in this aspect of the assignment. Include at least two recent references that you used to help develop this list. Next, you will view the video of your own performance and check to see if your form complies to that of the ideal. Note any errors that you are making. Finally, develop a list of drills that would help you to correct your mistakes.

Example

Skill - Two Hand Chest Pass

Ideal Form - Key Points

My form

- | | |
|---|------------|
| 1. Step in direction of receiver | No step |
| 2. Release with quick snap of fingers and wrist | Good |
| 3. Fully extend arms | Good |
| 4. Follow through with palms facing outward and index fingers pointing in direction of pass | Incomplete |

etc.

Corrective Drills - list drills to correct any errors in form.

References