

GRANDE PRAIRIE REGIONAL COLLEGE
DEPARTMENT OF PHYSICAL EDUCATION AND ATHLETICS
PA 1110 - BASKETBALL
COURSE OUTLINE -WINTER 1997

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 (1.5)
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.