Physical Education (PHED) 1534 Basketball and Physical Fitness (1 or 2 Units per semester) CSU:UC
[formerly Physical Education 34AB]

Prerequisite: None

Hours and Unit Calculations:
Total Contact Hours: 48 lab hours (48 Total Student Learning Hours) 1 Unit; 96 lab hours (96 Total Student Learning Hours) 2 Units

Catalog Description: This activity course is designed to improve understanding of the fundamentals of basketball. The instructional aspects of basketball are combined with a special basketball-conditioning program.

Type of Class/Course: Degree Credit

Text:


Additional Instructional Materials: Basketball equipment

Course Objectives:

By the end of the course, a successful student will be able to:

1. Improve Basketball Skills
   a. Footwork
   b. Body Balance and Control
   c. Ball Handling
   d. Passing and Receiving
   e. Dribbling
   f. Rebounding
   g. Shooting
   h. Defense
2. Improve quickness, strength, cardiovascular and
3. Improve overall physical fitness.

Course Scope and Content:
Unit I Conditioning
A. Quickness
B. Strength
C. Cardiovascular
D. Endurance

Unit II Fundamental Skills
A. Footwork
B. Body Balance and Control
C. Ball Handling
D. Passing and Receiving
E. Dribbling
F. Rebounding
G. Shooting
H. Defense

Unit III Basic Rules of the Game
A. Offense
B. Defense
C. Sportsmanship and ethics

Unit IV Team Basketball Strategy
A. Offensive systems
B. Defensive systems

Learning Activities Required Outside of Class:

The students in this class will spend a minimum of 1 hour per week outside of the regular class time doing the following:

1. Skill practice,
2. Studying multimedia presentations, and
3. Reading of the textbook.

Methods of Instruction:

1. Practice
   a. Individual skills
   b. Game
2. Demonstration,
3. Oral instruction, and

Methods of Evaluation:
1. Skill demonstrations, including:
   a. Performance exams
   b. Scrimmages and
2. Written work.

Supplemental Data:

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