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Date reviewed: February 22, 2017  
C & GE Approved: April 17, 2017  
Board Approved: May 10, 2017  
Semester effective: Spring 2018

Physical Education (PHED) 2508 Advanced Women's Intercollegiate Basketball (1.5 or 3 Units per semester; limit 6 Units) CSU: UC  
[formerly Physical Education 8B]

Prerequisite: Successful completion in Physical Education 1508 with a grade of “C” or better.

Total Hours: 80 lab hours for 1.5 units; 160 lab hours for 3 units

Catalog Description: This advanced course is designed for those students who possess the desire, ability and skills necessary to compete in intercollegiate athletics and may be limited to those who present the necessary physical and mental fitness. Sufficient skill to reduce the likelihood of injury is also required. The consent of the coach is necessary before enrollment. Prior to participation a student must get medical clearance through a physical examination and must meet eligibility requirements. Attendance at all scheduled practices and games are considered part of the course requirement unless the coach excuses the student.

Type of Class/Course: Degree Credit

Text: Brown L., Ferrigno V. *Training for Speed, Agility and Quickness*. 3<sup>rd</sup> ed. Champaign, IL: Human Kinetics, 2014.

Kielbaso, J. *Ultimate Speed and Agility: Drills and Techniques for Athleticism*. 2<sup>nd</sup> ed. Plymouth, MI: Crew Press, 2011.

Additional Instructional Materials: None

Course Objectives:

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

1. execute advanced knowledge of skills and strategies used in competitive basketball.
2. prepare the student for a higher level of intercollegiate competition.
3. provide the student with practice games, to build advanced depth and strength in their ability to compete in basketball.

Course Scope and Content:

Unit I            Advanced Training and Conditioning for Basketball

- A.    Quickness
- B.    Strength
- C.    Cardiovascular
- D.    Endurance



Unit II            Advanced Skills Performed in Basketball

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

Unit III           Rules and Strategies of Team Play

- A.     Offense
- B.     Defense
- C.     Sportsmanship and ethics

Learning Activities Required Outside of Class:

The students in this class will spend a minimum of 2 hours 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.     Oral instruction
- 3.     Demonstration
- 4.     Multimedia

Methods of Evaluation:

- 1.     Skill demonstrations, including:
  - A.     Class performance
  - B.     Intercollegiate games

Supplemental Data:

TOP Code:	083550: Intercollegiate Athletics
SAM Priority Code:	E: Non-Occupational
Distance Education:	Not Applicable



Funding Agency:	Y: Not Applicable(funds not used)
Program Status:	1: Program Applicable
Noncredit Category:	Y: Not Applicable, Credit Course
Special Class Status:	N: Course is not a special class
Basic Skills Status:	N: Course is not a basic skills course
Prior to College Level:	Y: Not applicable
Cooperative Work Experience:	N: Is not part of a cooperative work experience education program
Eligible for Credit by Exam:	NO
Eligible for Pass/No Pass:	NO
Taft College General Education:	NONE