



**COURSE OUTLINE : ATHPE 106**

**D Credit – Degree Applicable**

**COURSE ID 003045**

**Cyclical Review: August 2020**

**COURSE DISCIPLINE :** ATHPE  
**COURSE NUMBER :** 106  
**COURSE TITLE (FULL) :** Women's Intercollegiate Basketball  
**COURSE TITLE (SHORT) :** Women's Intercollegiate Basketball

### **CATALOG DESCRIPTION**

ATHPE 106 is an advanced course designed for students who plan to compete at the collegiate level in the sport of women's basketball. This course emphasizes advanced skill, theory, tactics, strategy and intercollegiate competition. Student-athletes are required to meet the standards of the California Community College Athletic Association (CCCAA) eligibility guidelines and decorum policies.

### **CATALOG NOTES**

Note: ATHPE 106 is designed for the intercollegiate women's basketball team.

Total Lecture Units: 1.50

Total Laboratory Units: 1.00

**Total Course Units: 2.50**

Total Lecture Hours: 27.00

Total Laboratory Hours: 54.00

Total Laboratory Hours To Be Arranged: 0.00

**Total Contact Hours: 81.00**

**Total Out-of-Class Hours: 54.00**

Prerequisite: None.



**ENTRY STANDARDS**

	Subject	Number	Title	Description	Include
1				Apply a variety of offensive and defensive skills appropriate for intercollegiate basketball;	Yes
2				integrate National Collegiate Athletic Association (NCAA) rules and CCCAA decorum polices into weekly competition;	Yes
3				display cardiovascular health, muscular strength and endurance;	Yes
4				utilize verbal communication necessary for collegiate competition;	Yes
5				demonstrate how to apply workable solutions within a team environment.	Yes

**EXIT STANDARDS**

- 1 Identify and analyze concepts of individual strategies;
- 2 identify and analyze concepts of team strategies;
- 3 utilize and apply film analysis and simulated game situations for competition;
- 4 show advanced collegiate level skills;
- 5 review and practice offensive schemes;
- 6 review and practice defensive schemes;
- 7 breakdown and apply practical and general knowledge of the game of basketball;
- 8 model and apply practical and general knowledge of rules and decorum policies;
- 9 integrate conditioning and weight training into daily practices;
- 10 recognize the role of nutrition in athletic performance;
- 11 demonstrate the ability to work with a team as a unit and develop team concepts.

**STUDENT LEARNING OUTCOMES**

- 1 implement and apply technical and tactical skills necessary for collegiate competition;
- 2 integrate cooperative skills needed to perform at a high level of play;
- 3 demonstrate and apply safety rules and procedures to effectively participate in a physical movement environment.



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**COURSE CONTENT WITH INSTRUCTIONAL HOURS**

	<b>Description</b>	<b>Lecture</b>	<b>Lab</b>	<b>Total Hours</b>
1	Team Philosophies and Rules <ul style="list-style-type: none"> <li>• Sportsmanship</li> <li>• Team rules</li> <li>• Individual/team goal setting</li> <li>• NCAA rules</li> <li>• California Community College Athletic Association</li> </ul> Decorum <ul style="list-style-type: none"> <li>• Training room policies for treatment</li> </ul>	8	0	8
2	Safety for Women’s Basketball <ul style="list-style-type: none"> <li>• Preventative injury exercises</li> <li>• Proper warm-up</li> <li>• Proper cool-down</li> </ul>	4	0	4
3	Fundamental Conditioning for Women’s Basketball <ul style="list-style-type: none"> <li>• Agility</li> <li>• Coordination</li> <li>• Specific muscle group development</li> <li>• Muscular and cardiovascular endurance</li> <li>• Plyometric</li> <li>• Core training</li> </ul>	0	8	8
4	Advanced Fundamental Skills in Women’s Basketball <ul style="list-style-type: none"> <li>• Shooting techniques</li> <li>• Passing techniques</li> <li>• Dribbling techniques</li> <li>• Guarding</li> <li>• Faking</li> <li>• Footwork</li> <li>• Screening</li> <li>• Rebounding</li> <li>• Tipping</li> <li>• Cutting</li> <li>• Feeding</li> <li>• Pivoting</li> <li>• Jumping</li> </ul>	0	12	12
5	Offense Strategies for Intercollegiate Women’s Basketball Competition <ul style="list-style-type: none"> <li>• Set play offense</li> <li>• Motion offense</li> <li>• Zone offense</li> <li>• Spread offense</li> <li>• application verses man-to-man defenses</li> <li>• Application verses zone defenses</li> <li>• Application verses full court pressure</li> <li>• Out-of-bounds plays</li> <li>• Fast break</li> </ul>	0	17	17



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6	Defense Strategies for Intercollegiate Women’s Basketball Competition • Zone defense • Man to man defense • Combination defense • Defense against a fast break • Application verses half court offenses • Application to full court press	0	17	17
7	Understanding Team Dynamics • Creating a positive team environment • Effective communication under stress	8	0	8
8	Nutrition for the Competitive Athlete • Eating balanced meals • Carbohydrate and protein combinations • Packing smart snacks • Supplements: Good or bad • Hydration	6	0	6
9	Definitions of Diversity, Inclusion, inequality and discrimination in Sports Competition • Gender • Race/ethnicity • Sexuality • Religion	1	0	1
				<b>81</b>

**OUT OF CLASS ASSIGNMENTS**

- 1 game evaluation (e.g. written evaluations regarding positive and negative performances with player feedback);
- 2 goal setting (e.g. written re-evaluation of goal performance every week);
- 3 game analysis (e.g. written summary and review of game film both team and individual).

**METHODS OF EVALUATION**

- 1 demonstration evaluations (e.g. fast break options);
- 2 video movement analysis;
- 3 written play exams (e.g. diagram test for defense).

**METHODS OF INSTRUCTION**

- Lecture
- Laboratory
- Studio



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- Discussion
- Multimedia
- Tutorial
- Independent Study
- Collaboratory Learning
- Demonstration
- Field Activities (Trips)
- Guest Speakers
- Presentations

**TEXTBOOKS**

Title	Type	Publisher	Edition	Medium	Author	ISBN	Date
2019-20 and 2020-21 Women's Basketball Rules and Interpretations		Indianapolis: National Collegiate Athletic Association, 2020. Digital file.			National Collegiate Athletic Association		2020