



COURSE OUTLINE : PE 150
D Credit – Degree Applicable
COURSE ID 003040
Cyclical Review: November 2018

COURSE DISCIPLINE : PE
COURSE NUMBER : 150
COURSE TITLE (FULL) : Basketball I
COURSE TITLE (SHORT) : Basketball I

CATALOG DESCRIPTION

PE150 teaches the beginning concepts of basketball as a life-time activity. Instruction includes practice in fundamental techniques, rules of basketball, development of team play, and competitive participation. Students learn fundamental warm-up and cool-down techniques, basketball fundamentals, safety, and physiological and psychological benefits of playing basketball.

Total Lecture Units:0.00

Total Laboratory Units: 1.00

Total Course Units: 1.00

Total Lecture Hours:0.00

Total Laboratory Hours: 54.00

Total Laboratory Hours To Be Arranged: 0.00

Total Contact Hours: 54.00

Total Out-of-Class Hours: 0.00

Prerequisite: None.



ENTRY STANDARDS

	Subject	Number	Title	Description	Include
1				Identify basketball as a sport;	Yes
2				perform moderate daily physical activities;	Yes
3				participate in an individual and group environment;	Yes
4				demonstrate and maintain a positive attitude.	Yes

EXIT STANDARDS

- 1 Demonstrate an understanding of rules and conduct of the game;
- 2 develop basic fundamental skills of the game;
- 3 define fundamental skills as they apply to various positions played;
- 4 analyze and explain basic offensive and defensive strategies;
- 5 demonstrate and use sportsmanship in competitive situations.

STUDENT LEARNING OUTCOMES

- 1 demonstrate basic fundamental skills
- 2 demonstrate knowledge of the rules of basketball
- 3 demonstrate and apply safety rules and procedures to effectively participate in a physical movement environment

COURSE CONTENT WITH INSTRUCTIONAL HOURS

	Description	Lecture	Lab	Total Hours
1	History of the Game <ul style="list-style-type: none"> • Origin • Equipment 	0	4	4
2	Fundamental Skills <ul style="list-style-type: none"> • Passing • Dribbling • Shooting • Guarding 	0	16	16



3	Individual Play <ul style="list-style-type: none"> • Fundamentals • Practice • Competition • Strategy 	0	8	8
4	Team Play <ul style="list-style-type: none"> • Offense • Defense • Strategy • League competition in class 	0	14	14
5	Rules <ul style="list-style-type: none"> • Court size • Equipment • Play situations 	0	12	12
				54

OUT OF CLASS ASSIGNMENTS

- 1 self evaluation (e.g. analysis of individual game-play performance);
- 2 written analysis (e.g. summary and examination of the physical and emotional benefits of basketball).

METHODS OF EVALUATION

- 1 practical examination;
- 2 written midterm examination;
- 3 written final examination;
- 4 participation in a basketball tournament.

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	IBSN	Date
Instructor-generated reading materials.							