



**COURSE OUTLINE : PE 151**  
**D Credit – Degree Applicable**  
**COURSE ID 003041**  
**Cyclical Review: November 2018**

**COURSE DISCIPLINE :** PE  
**COURSE NUMBER :** 151  
**COURSE TITLE (FULL) :** Basketball II  
**COURSE TITLE (SHORT) :** Basketball II

**CATALOG DESCRIPTION**

PE 151 teaches the intermediate concepts of basketball as a life-time activity. Instruction includes a review of the fundamental techniques, rules of basketball, development of team play and competitive participation. Students also learn several offensive and defensive strategies and game planning, how to organize effective practice drills to perfect offensive and defensive player development, and the physiological and psychological benefits of playing basketball, and the psychological considerations of competition.

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: PE 150.



**ENTRY STANDARDS**

	<b>Subject</b>	<b>Number</b>	<b>Title</b>	<b>Description</b>	<b>Include</b>
1	PE	150	Beginning Basketball	Demonstrate an understanding of rules and conduct of the game;	Yes
2	PE	150	Beginning Basketball	develop basic fundamental skills of the game;	Yes
3	PE	150	Beginning Basketball	define fundamental skills as they apply to various positions played;	Yes
4	PE	150	Beginning Basketball	analyze and explain basic offensive and defensive strategies;	Yes
5	PE	150	Beginning Basketball	demonstrate and use sportsmanship in competitive situations.	Yes

**EXIT STANDARDS**

- 1 Demonstrate understanding of the current rules of basketball;
- 2 demonstrate intermediate level basketball motor skills;
- 3 demonstrate understanding and execution of intermediate level basketball offensive and defensive concepts;
- 4 explain intermediate level situational basketball strategies;
- 5 execute various types of basketball conditioning drills;
- 6 demonstrate a positive team attitude.

**STUDENT LEARNING OUTCOMES**

- 1 demonstrate and apply safety rules and procedures to effectively participate in a physical movement environment;
- 2 integrate intermediate level knowledge of basketball strategies and rules into game play;
- 3 demonstrate intermediate level basketball motor skills and situational techniques.



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**COURSE CONTENT WITH INSTRUCTIONAL HOURS**

	Description	Lecture	Lab	Total Hours
1	<b>Rules of Basketball</b> <ul style="list-style-type: none"> <li>• Types of fouls and violations</li> <li>• Length of games and time outs</li> <li>• Basketball history</li> <li>• Scoring</li> <li>• Quarters versus halves</li> <li>• Bonus and Double Bonus</li> <li>• Court regulations</li> <li>• Substitutions</li> </ul>	0	4	4
2	<b>Intermediate Basketball Motor Skills</b> <ul style="list-style-type: none"> <li>• Review of fundamental techniques and basketball footwork</li> <li>• Shooting form and mechanics</li> <li>• Defensive techniques</li> <li>• Passing skills and techniques</li> <li>• Dribbling skills and techniques</li> <li>• Intermediate level footwork</li> </ul>	0	14	14
3	<b>Offensive Concepts</b> <ul style="list-style-type: none"> <li>• 1 versus 1 moves</li> <li>• Types of dribbles</li> <li>• Post play</li> <li>• Passing strategies</li> <li>• Screening techniques</li> <li>• Reading basketball situations</li> <li>• Fast break tactics</li> </ul>	0	10	10



4	<b>Defensive Concepts</b> <ul style="list-style-type: none"> <li>• Fundamental stance</li> <li>• Sliding</li> <li>• Arm positions</li> <li>• Guarding on-ball</li> <li>• Guarding off-ball</li> <li>• Post defense</li> <li>• Pressing</li> <li>• Trapping defenses</li> </ul>	0	10	10
5	<b>Situational Basketball Strategies</b> <ul style="list-style-type: none"> <li>• Baseline out-of-bounds</li> <li>• Front court</li> <li>• Back court</li> <li>• Sideline out-of-bounds</li> <li>• Front court</li> <li>• Back court</li> <li>• Jump ball</li> <li>• Strategies for end of the clock</li> <li>• Player individual characteristics</li> </ul>	0	8	8
6	<b>Basketball conditioning drills</b> <ul style="list-style-type: none"> <li>• Sprinting</li> <li>• Lateral agility</li> <li>• Plyometrics and vertical jump training</li> <li>• Weight training for basketball</li> </ul>	0	4	4
7	<b>Team Dynamics</b> <ul style="list-style-type: none"> <li>• Mutual respect</li> <li>• Fatigue and temperament</li> <li>• Winning versus success</li> </ul>	0	4	4
				<b>54</b>



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**OUT OF CLASS ASSIGNMENTS**

- 1 self-evaluation (e.g. analysis of individual game-play performance);
- 2 written analysis (e.g. summary and examination of a professional basketball game);
- 3 portfolio project (e.g. creating offensive and defensive game plans).

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

**TEXTBOOKS**

Title	Type	Publisher	Edition	Medium	Author	ISBN	Date
Instructor-generated reading materials.							