



**COURSE OUTLINE : PE 152**  
**D Credit – Degree Applicable**  
**COURSE ID 010243**  
**Cyclical Review: November 2018**

**COURSE DISCIPLINE :** PE  
**COURSE NUMBER :** 152  
**COURSE TITLE (FULL) :** Basketball III  
**COURSE TITLE (SHORT) :** Basketball III

**CATALOG DESCRIPTION**

PE 152 teaches the advanced concepts of basketball and the application of practice and game situational strategies. Instruction includes a review of intermediate 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 fundamentals, and the physiological and psychological considerations of basketball 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 151.



**ENTRY STANDARDS**

	Subject	Number	Title	Description	Include
1	PE	151	Intermediate Basketball	Demonstrate understanding of the current rules of basketball;	Yes
2	PE	151	Intermediate Basketball	demonstrate intermediate level basketball motor skills;	Yes
3	PE	151	Intermediate Basketball	demonstrate understanding and execution of intermediate level basketball offensive and defensive concepts;	Yes
4	PE	151	Intermediate Basketball	explain intermediate level situational basketball strategies;	Yes
5	PE	151	Intermediate Basketball	execute various types of basketball conditioning drills;	Yes
6	PE	151	Intermediate Basketball	demonstrate a positive team attitude.	Yes

**EXIT STANDARDS**

- 1 Apply understanding of the current rules of basketball;
- 2 demonstrate proficiency in advanced level basketball motor skills;
- 3 apply advanced level basketball offensive concepts and defensive concepts;
- 4 explain and apply advanced level situational basketball strategies;
- 5 execute various types of advanced basketball conditioning drills;
- 6 demonstrate a positive team attitude and apply psychological preparation strategies before game play.

**STUDENT LEARNING OUTCOMES**

- 1 demonstrate and apply safety rules and procedures to effectively participate in a physical movement environment
- 2 apply advanced level knowledge of basketball strategies and rules to game play
- 3 develop and apply advanced level basketball motor skills and situational techniques to practice and games
- 4 apply advanced techniques to create situational team plays



**COURSE CONTENT WITH INSTRUCTIONAL HOURS**

	Description	Lecture	Lab	Total Hours
1	Review of the Rules of Basketball <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	Advanced Basketball Motor Skills <ul style="list-style-type: none"> <li>• Review of intermediate techniques</li> <li>• Perfecting shooting form and body mechanics</li> <li>• Advanced defensive techniques</li> <li>• Advanced passing skills and techniques</li> <li>• Advanced dribbling skills and techniques</li> <li>• Advanced level footwork</li> </ul>	0	10	10
3	Advanced Offensive Concepts <ul style="list-style-type: none"> <li>• 1 versus 1 moves</li> <li>• Post play</li> <li>• Passing strategies</li> <li>• Screening techniques</li> <li>• Reading basketball situations</li> <li>• Fast break tactics</li> <li>• Skills for strong jumpers</li> <li>• Skills for strong penetrating players</li> </ul>	0	10	10



4	<p>Advanced Defensive Concepts</p> <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>• Match-up zones</li> <li>• Trapping defenses</li> <li>• Switching defenses</li> </ul>	0	10	10
5	<p>Team and situational strategies</p> <ul style="list-style-type: none"> <li>• Advanced offensive strategies</li> <li>• Team spacing</li> <li>• Offensive alignments</li> <li>• Advanced scoring strategies</li> <li>• Advanced cutting, screening and offensive rebounding</li> <li>• Advanced defensive strategies</li> <li>• Man-to-man, zone defense and rotations</li> <li>• Charges</li> <li>• Advanced defensive rebounding</li> <li>• Face guarding</li> <li>• Trapping Situational strategies</li> <li>• Out-of-bounds</li> <li>• Jump ball</li> <li>• End of clock</li> <li>• Fouls</li> </ul>	0	10	10
6	<p>Basketball conditioning drills</p> <ul style="list-style-type: none"> <li>• Advanced sprint training</li> <li>• Advanced lateral agility</li> <li>• Advanced plyometrics and vertical jump training</li> <li>• Advanced weight training for basketball</li> </ul>	0	5	5



7	Team Dynamics <ul style="list-style-type: none"> <li>• Mutual respect</li> <li>• Fatigue and temperament</li> <li>• Evaluation of outcomes – winning versus success</li> <li>• Developing psychological hardiness</li> <li>• Preparing for competition</li> </ul>	0	5	5
				<b>54</b>

**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 or practice plans);
- 4 individual research project (e.g. interview a local high-school or college basketball coach and analyze their game strategy).

**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)



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- Guest Speakers
- Presentations

**TEXTBOOKS**

<b>Title</b>	<b>Type</b>	<b>Publisher</b>	<b>Edition</b>	<b>Medium</b>	<b>Author</b>	<b>IBSN</b>	<b>Date</b>
The 21st Century Basketball Practice: Modernizing the Basketball Practice to Develop the Global Player	Supplemental	Lulu		print	McCormick, Brian		2014