



COURSE OUTLINE : ATHPE 107

D Credit – Degree Applicable

COURSE ID 003043

Cyclical Review: August 2020

COURSE DISCIPLINE : ATHPE

COURSE NUMBER : 107

COURSE TITLE (FULL) : Off-Season Training for Intercollegiate Women's Basketball

COURSE TITLE (SHORT) : Off Season Women's Basketball

CATALOG DESCRIPTION

ATHPE 107 provides instruction and practice for intercollegiate women's basketball focusing on fundamental techniques of competitive women's basketball. This course is designed to provide further advancement in individual skill, team strategies, effective communication, and conditioning for intercollegiate competition.

CATALOG NOTES

Note: ATHPE 107 is off-season training for students who are interested in competing on an intercollegiate women's basketball team. Note: May be taken 4 times for credit.

Total Lecture Units: 0.50-1.50

Total Laboratory Units: 0.50-1.00

Total Course Units: 1.00-2.50

Total Lecture Hours: 9.00-27.00

Total Laboratory Hours: 27.00-54.00

Total Laboratory Hours To Be Arranged: 0.00

Total Out-of-Class Hours: 18.00-54.00

Total Contact Hours: 36.00-81.00

Prerequisite: None.



ENTRY STANDARDS

	Subject	Number	Title	Description	Include
1				Perform offensive and defensive skills appropriate for intercollegiate basketball;	Yes
2				define National Collegiate Athletic Association (NCAA) women’s basketball rules;	Yes
3				participate in rigorous physical activity;	Yes
4				participate and interact in a team environment;	Yes
5				maintain positive individual behaviors to enhance team dynamics.	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 demonstrate and apply safety rules and procedures to effectively participate in a physical movement environment;
- 2 implement and apply technical and tactical skills necessary for collegiate competition;
- 3 integrate and execute advanced cooperative skills needed to perform at a high level of play.



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COURSE CONTENT WITH INSTRUCTIONAL HOURS

	Description	Lecture	Lab	Total Hours
1	Team Philosophies and Rules <ul style="list-style-type: none"> • Sportsmanship • Team rules • Individual/team goal setting • NCAA rules and regulations • CCCAA Decorum Policies 	8	0	8
2	Safety for Women’s Basketball <ul style="list-style-type: none"> • Proper warm-up • Proper cool-down 	5	0	5
3	Fundamental Conditioning Skills for Women’s Basketball <ul style="list-style-type: none"> • Agility • Coordination • Muscular strength • Muscular and cardiovascular endurance • Plyometric 	0	16	16
4	Advanced Fundamental Skills in Women’s Basketball <ul style="list-style-type: none"> • Shooting techniques • Passing techniques • Dribbling techniques • Defensive techniques 	0	18	18
5	Rebounding techniques Advanced Game Strategy <ul style="list-style-type: none"> • Selection of offensive and defensive systems • Individual player positions • Team lineup • Application of offensive/defensive systems 	0	20	20
6	Understanding Team Dynamics <ul style="list-style-type: none"> • Creating a positive environment • Effective communication under stress 	7	0	7
7	• Nutritional Aspects of Effective Training	6	0	6
8	Definitions of Diversity, Inclusion, inequality and discrimination in Sports Competition <ul style="list-style-type: none"> • Gender • Race/ethnicity • Sexuality • Religion 	1	0	1
				81



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OUT OF CLASS ASSIGNMENTS

- 1 practice evaluation (e.g. written evaluations regarding positive and negative performances);
- 2 goal setting (e.g. written re-evaluation of goal performance every other week);
- 3 practice analysis (e.g. summary and review of practice film).

METHODS OF EVALUATION

- 1 demonstration evaluations
- 2 video movement analysis;
- 3 tournament play;
- 4 written exams.

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
2019-20 and 2020-21 Women's Basketball Rules and Interpretations		Indianapolis: National Collegiate Athletic Association, 2020. Digital file.			National Collegiate Athletic Association.		2020