

## KIN171 : Small Sports Teams Theory

### General Information

Author:	<ul style="list-style-type: none"><li>Erin Calderone</li></ul>
Course Code (CB01) :	KIN171
Course Title (CB02) :	Small Sports Teams Theory
Department:	KIN
Proposal Start:	Fall 2024
TOP Code (CB03) :	(0835.60) Coaching
CIP Code:	(31.0504) Sport and Fitness Administration/Management.
SAM Code (CB09) :	Possibly Occupational
Distance Education Approved:	No
Will this course be taught asynchronously?:	No
Course Control Number (CB00) :	CCC000616156
Curriculum Committee Approval Date:	12/13/2023
Board of Trustees Approval Date:	01/09/2024
Last Cyclical Review Date:	12/13/2023
Course Description and Course Note:	KIN 171 covers theoretical practices in coaching sports with smaller teams or individual events, and may emphasize one or more of the following sports: badminton, basketball, cross-country, golf, tennis, track and field and volleyball. In addition to theory and philosophical principles, the course explores how to plan and implement practice and coaching strategies for recreational and competitive teams.
Justification:	Mandatory Revision
Academic Career:	<ul style="list-style-type: none"><li>Credit</li></ul>

### Academic Senate Discipline

Primary Discipline:	<ul style="list-style-type: none"><li>Kinesiology</li></ul>
Alternate Discipline:	
Alternate Discipline:	

### Course Development

Basic Skill Status (CB08)	Course Special Class Status (CB13)	Grading Basis
Course is not a basic skills course.	Course is not a special class.	<ul style="list-style-type: none"><li>Grade with Pass / No-Pass Option</li></ul>

Allow Students to Gain Credit by Exam/Challenge

Pre-Collegiate Level (CB21)

Course Support Course Status (CB26)

Not applicable.

Course is not a support course

## Transferability & Gen. Ed. Options

### General Education Status (CB25)

Not Applicable

### Transferability

Transferable to both UC and CSU

### Transferability Status

Approved

## Units and Hours

### Summary

<b>Minimum Credit Units (CB07)</b>	2
<b>Maximum Credit Units (CB06)</b>	2
<b>Total Course In-Class (Contact) Hours</b>	36
<b>Total Course Out-of-Class Hours</b>	72
<b>Total Student Learning Hours</b>	108

### Credit / Non-Credit Options

#### Course Type (CB04)

Credit - Degree Applicable

#### Noncredit Course Category (CB22)

Credit Course.

#### Noncredit Special Characteristics

No Value

#### Course Classification Code (CB11)

Credit Course.

Variable Credit Course

#### Funding Agency Category (CB23)

Not Applicable.

Cooperative Work Experience Education Status (CB10)

### Weekly Student Hours

	In Class	Out of Class
Lecture Hours	2	4
Laboratory Hours	0	0
Studio Hours	0	0

### Course Student Hours

<b>Course Duration (Weeks)</b>	18
<b>Hours per unit divisor</b>	0
<b>Course In-Class (Contact) Hours</b>	
Lecture	36
Laboratory	0
Studio	0
<b>Total</b>	36

### Course Out-of-Class Hours

Lecture	72
Laboratory	0
Studio	0
<b>Total</b>	<b>72</b>

### Time Commitment Notes for Students

No value

### Units and Hours - Weekly Specialty Hours

Activity Name	Type	In Class	Out of Class
No Value	No Value	No Value	No Value

### Pre-requisites, Co-requisites, Anti-requisites and Advisories

#### Prerequisite

Prerequisite: None.

### Entry Standards

#### Entry Standards

Recognize sports strategies.

Show ability to follow verbal instructions and understand practice organization.

Demonstrate conceptual understanding of sport skills.

Use practice skills and strategies in game situations.

## Course Limitations

Cross Listed or Equivalent Course

No value

## Specifications

### Methods of Instruction

Methods of Instruction                      Lecture

Methods of Instruction                      Discussion

Methods of Instruction                      Multimedia

Methods of Instruction                      Tutorial

Methods of Instruction                      Independent Study

Methods of Instruction                      Collaborative Learning

Methods of Instruction                      Demonstrations

Methods of Instruction                      Field Activities (Trips)

Methods of Instruction                      Guest Speakers

Methods of Instruction                      Presentations

### Out of Class Assignments

- Written assignments (e.g. practice/game reflection)

- Weekly goal setting (e.g. goal setting worksheet)

### Methods of Evaluation

Exam/Quiz/Test

Exam/Quiz/Test

Presentation (group or individual)

### Rationale

Oral exams

Written exams

Skill-evaluation (e.g. video demonstration and analysis of sports skill)

### Textbook Rationale

No Value

### Textbooks

Author

Title

Publisher

Date

ISBN

Jerry V. Krause

Basketball Skills and Drills

Human Kinetics

2019

9781492564102

### Other Instructional Materials (i.e. OER, handouts)

Description

Instructor Generated Reading Materials

Author

No value

Citation

No value

Online Resource(s)

No value

### Materials Fee

No value

## Learning Outcomes and Objectives

### Course Objectives

Discuss the rules and regulations governing the different sports emphasized in this course.

Analyze offensive strategies and fundamentals of the game as they apply to various situations.

Analyze defensive strategies and fundamentals of the game as they apply to various situations.

Apply different philosophies related to physical training and conditioning programs to each sport.

Explain various coaching philosophies, techniques and strategies used for different age groups.

Compare and contrast rules, regulations, and norms within different small team sports.

Compare and contrast tactical processes and practice organization within different small team sports.

## SLOs

### Identify skills and philosophies used to increase progression in small teams sports.

Expected Outcome Performance: 70.0

<i>ILOs</i> Core ILOs	Analyze and solve problems using critical, logical, and creative thinking; ask questions, pursue a line of inquiry, and derive conclusions; cultivate creativity that leads to innovative ideas.
	Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or methodologies to solve unique problems.
<i>KIN</i> Sports Coaching-- Certificate	Evaluate, compare and examine skill development, different types of tactics and strategies, coaching philosophies, leadership styles, and practice organization to enhance the growth of student-athletes.
<i>KIN</i> Sports Coaching - A.S. Degree Major	Evaluate, compare and examine skill development, different types of tactics and strategies, coaching philosophies, leadership styles, and practice organization to enhance the growth of student-athletes.

### Apply and breakdown theories to execute game strategies.

Expected Outcome Performance: 70.0

<i>ILOs</i> Core ILOs	Analyze and solve problems using critical, logical, and creative thinking; ask questions, pursue a line of inquiry, and derive conclusions; cultivate creativity that leads to innovative ideas.
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### Compare and contrast theories of competition at different age groups.

Expected Outcome Performance: 70.0

<i>ILOs</i> Core ILOs	Analyze and solve problems using critical, logical, and creative thinking; ask questions, pursue a line of inquiry, and derive conclusions; cultivate creativity that leads to innovative ideas.
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## Additional SLO Information

**Does this proposal include revisions that might improve student attainment of course learning outcomes?**

No

**Is this proposal submitted in response to learning outcomes assessment data?**

No

**If yes was selected in either of the above questions for learning outcomes, explain and attach evidence of discussions about learning outcomes.**

No Value

**SLO Evidence**

No Value

## Course Content

### Lecture Content

#### Small Team and Individual Sports (4 hours)

- Badminton
- Basketball
- Cross
- Country
- Golf
- Tennis
- Track and Field
- Volleyball

#### Development of Sport and History (2 hours)

- Rules and regulations
- Support organizations
- International vs. Collegiate
- Youth participation

#### Offensive Skill Development and Philosophy (5 hours)

- Youth
- High School
- Collegiate
- Recreational

#### Defensive Skill Development and Philosophy (5 hours)

- Youth
- High School
- Collegiate
- Recreational

#### Theories of Physical Training (5 hours)

- Aerobic programs
- Weight training
- Plyometric training
- Conditioning as a consequence

#### Offensive Game Strategies and Theories (7 hours)

- Youth
- High School
- Collegiate
- Recreational

#### Defensive Game Strategies and Theories (5 hours)

- Youth
- High School
- Collegiate
- Recreational

#### Team Concepts (3 hours)

- Mental framework
- Coaching philosophy

- Team philosophy

**Total hours: 36**