

COURSE SYLLABUS

LAST REVIEW	Spring 2021
COURSE TITLE	Techniques of Basketball
COURSE NUMBER	EXSC-0181
DIVISION	Math, Science, Business & Technology
DEPARTMENT	Exercise Science
CIP CODE	24.0101
CREDIT HOURS	2
CONTACT HOURS/WEEK	Class: 1 Lab: 1
PREREQUISITES	None
COURSE PLACEMENT	None

COURSE DESCRIPTION

This course will be a comprehensive overview of basketball techniques. Topics studied will include the elements of rebounding, man to man defensive skills, shooting mechanics and 3-point shooting philosophy, different types of zone defenses and offenses, different types of full court presses, ball handling skills, passing skills, setting screens, defending screens, outlet passing, and free throw shooting.

TEXTBOOKS

<http://kckccbookstore.com/>

METHODS OF INSTRUCTION

A variety of instructional methods may be used depending on content area. These include but are not limited to: lecture, multimedia, cooperative/collaborative learning, labs and demonstrations, projects and presentations, speeches, debates, panels, conferencing, performances, and learning experiences outside the classroom. Methodology will be selected to best meet student needs.

COURSE OUTLINE

- I. Formulating the General Philosophy
 - A. Program
 - B. Practices
 - C. Games
- II. Developing a Comprehensive Terminology
 - A. Skill-related
 - B. Position descriptions
 - C. Shooting

- D. Types of defenses
 - E. Rebounding
 - F. Practice organization
 - G. Drill activities
 - H. Game situations
 - I. Film analysis
- III. Description of Various Levels of Play
- A. Point Guard
 - B. Shooting Guard
 - C. Small Forward
 - D. Power Forward
 - E. Center
- IV. Developing Basketball Conditioning Program
- A. Preseason
 - B. In-season
 - C. Off-season

COURSE LEARNING OUTCOMES

Upon successful completion of this course, the student will:

- A. The student will be able to demonstrate an understanding for the general offensive and defensive schemes most often used in the game of basketball.
- B. The student will be able to have basic knowledge on ball handling, shooting, rebounding, zone defense and man defense.
- C. The student will be able to demonstrate proper shooting, rebounding, passing and defensive techniques.
- D. The student will be able to break down game film and put together a scouting report.
- E. The student will be able to set up a pre-season, in-season, and post-season conditioning program.

ASSESSMENT OF COURSE LEARNING OUTCOMES

Student progress is evaluated through both formative and summative assessment methods. Specific details may be found in the instructor's course information document.

COLLEGE POLICIES AND PROCEDURES

Student Handbook

<https://www.kckcc.edu/files/docs/student-resources/student-handbook-and-code-of-conduct.pdf>

College Catalog

<https://www.kckcc.edu/academics/catalog/index.html>

College Policies and Statements

<https://www.kckcc.edu/about/policies-statements/index.html>

Accessibility and Accommodations

<https://www.kckcc.edu/academics/resources/student-accessibility-support-services/index.html>.