

## DEPARTMENT OF KINESIOLOGY AND HEALTH SCIENCES

### COURSE OUTLINE – Fall 2022

#### PA1110 (A2): Instruction of the Basics of Basketball – 3 (0-0-3) 45 Hours for 15 Weeks

Northwestern Polytechnic acknowledges that our campuses are located on Treaty 8 territory, the ancestral and present-day home to many diverse First Nations, Metis, and Inuit people. We are grateful to work, live and learn on the traditional territory of Duncan's First Nation, Horse Lake First Nation and Sturgeon Lake Cree Nation, who are the original caretakers of this land.

We acknowledge the history of this land and we are thankful for the opportunity to walk together in friendship, where we will encourage and promote positive change for present and future generations.

**INSTRUCTOR:** Bill Bradley

**OFFICE:** M104

**OFFICE HOURS:** By Appointment

**PHONE:** (780) 539-2019

**E-MAIL:** Bbradley@nwpolytech.ca

**CALENDAR DESCRIPTION:** Acquisition of theoretical knowledge and personal skills used in the instruction of the basics of basketball.

**PREREQUISITE(S)/COREQUISITE:** None

**REQUIRED TEXT/RESOURCE MATERIALS:** As prescribed by instructor (no allocated textbook).

**DELIVERY MODE(S):** The course work will include in-person activity labs.

#### **COURSE OBJECTIVES:**

- Students will be exposed to a variety of instructional and coaching methodologies.
- Students will be provided with the opportunity for application of theory through activity.
- Students will be provided with opportunities for students to develop an awareness of present skill level and methods/strategies for improvement in self and others.
- Students will be exposed to appropriate teaching-coaching progressions for basketball.
- Students will develop an understanding of the importance and practical application of the conceptual approach and how this can assist the physical educator in providing quality instruction and assessment.
- Students will develop an understanding of how concepts of general movement, theory, physical literacy, long term athlete development & sport for life are applied to this activity.

## LEARNING OUTCOMES:

- Students will develop and demonstrate competency in the basic psychomotor skills of basketball including footwork, court movement, ball handling, dribbling, shooting, passing, rebounding and defense.
- Students will demonstrate a cognitive and practical understanding of common strategic concepts of basketball
- Student will complete a shot analysis using video analysis tools
- Students will develop a teaching-coaching resource unit
- Students will participate in a variety of competitive and evaluative models

## TRANSFERABILITY:

Please consult the Alberta Transfer Guide for more information. You may check to ensure the transferability of this course at the Alberta Transfer Guide main page <http://www.transferalberta.ca>.

**\*\* Grade of D or D+ may not be acceptable for transfer to other post-secondary institutions. Students are cautioned that it is their responsibility to contact the receiving institutions to ensure transferability**

## EVALUATIONS:

Quizzes (x2)	20%
Shot Analysis	20%
Tournament Volunteer	10%
Skill Assessment (x3)	20%
Final Exam	30%

## GRADING CRITERIA: (The following criteria may be changed to suite the particular course/instructor)

Please note that most universities will not accept your course for transfer credit **IF** your grade is **less than C-**. This means **DO NOT GET LESS THAN “C-” IF YOU ARE PLANNING TO TRANSFER TO A UNIVERSITY.**

Alpha Grade	4-point Equivalent	Percentage Guidelines	Alpha Grade	4-point Equivalent	Percentage Guidelines
A+	4.0	90-100	C+	2.3	67-69
A	4.0	85-89	C	2.0	63-66
A-	3.7	80-84	C-	1.7	60-62
B+	3.3	77-79	D+	1.3	55-59
B	3.0	73-76	D	1.0	50-54
B-	2.7	70-72	F	0.0	00-49

## COURSE SCHEDULE/TENTATIVE TIMELINE:

Monday	Topic	Friday	Topic
		Sept 2	Introduction to course.
<b>Sept 5</b>	<b>Labour Day</b>	Sept 9	Footwork, ball handling, passing and rules
Sept 12	Stationary shooting and lay ups	Sept 16	Stationary shooting and lay ups
Sept 19	Shooting (off the dribble) and floaters	Sept 23	Shot analysis, shooting stations and scoresheets
Sept 26	Shot analysis, shooting stations and referee signals & <b>Skills Test (5%)</b>	<b>Sept 30</b>	<b>National Day for Truth &amp; Reconciliation,</b>
Oct 3	Post ups and skill circuit	<b>Oct 7</b>	<b>MyClass Quiz 1 (10%)</b>
Oct 10	<b>Fall break – no classes</b>	<b>Oct 14</b>	<b>Fall break – no classes</b>
Oct 17	Transition	Oct 21	Screen Offense
Oct 24	Transition	<b>Oct 28</b>	<b>Shot analysis (20%) due 28 October 11:59pm</b>
Oct 31	<b>Skills test 2 (5%)</b> Screen Reads	<b>Nov 4</b>	<b>MyClass Quiz 2 (10%)</b>
Nov 7	Press Break, Press Attack, Full Court Pressure	<b>Nov 11</b>	<b>Remembrance Day</b>
Nov 14	Motion offense and man defense	Nov 18	Motion offense and man defense
Nov 21	Zone offense and defense	Nov 25	Zone offense and defense
Nov 28	Presses, traps and press breaks	<b>Dec 2</b>	<b>High School Tournament Volunteer (10%)</b>
Dec 5	<b>Skills test 3 (10%)</b>	Dec 9	In-class tournament
Dec 12	In-class tournament		
<b>Note: Minor schedule changes or adjustments are possible</b>			
<b>Final Exams: December 14 - 22 December 2022</b>			

### STUDENT RESPONSIBILITIES:

Regular attendance and participation are expected at ALL sessions as much of the information provided cannot be obtained in any other way. Students who miss more than 10% of the total number of classes may NOT be granted permission to write the final exam, and/or asked to withdraw from the course. Students who miss class due to medical reasons MUST present medical verification to their instructor. Notify the instructor of any allergies or medical conditions. Dress in appropriate clothing and footwear for all gymnasium sessions.

### STATEMENT ON PLAGIARISM AND CHEATING:

Cheating and plagiarism will not be tolerated and there will be penalties. For a more precise definition of plagiarism and its consequences, refer to the Student Conduct section of the College Calendar at <https://www.nwpolytech.ca/programs/calendar/> or the College Policy on Student Misconduct: Plagiarism and Cheating at <https://www.nwpolytech.ca/about/administration/policies/index.html>

\*\*Note: all Academic and Administrative policies are available on the same page.

### Additional Information (Optional):

- As this is an activity class, students will be expected to participate in the physical activities required to learn about and experience cardiovascular exercise. Students missing more than 3 classes will be warned and any further absences will result in the student being removed from the class.
- Students seeking the excellent rating should be able to illustrate good training behavior, by being appropriately dressed, punctual, good attendance, considerate towards others, have a good work ethic, and help to create a good learning environment for the class. This will be determined from the student attendance records, and in-class observation of each student.
- Students must come prepared and dressed appropriately to exercise.