

GRANDE PRAIRIE REGIONAL COLLEGE
DEPARTMENT OF PHYSICAL EDUCATION, ATHLETICS AND KINESIOLOGY

PA 1110 – INTRODUCTION TO BASKETBALL COURSE OUTLINE
Fall 2004 – GPRC Gymnasium - Mon + Wed 4:00 – 5:20 pm

Instructor: Chris Nicol, ph 539-2838, fax 539-2811 office K214, cnicol@gprc.ab.ca

COURSE OBJECTIVES:

- To learn and perform the basic skills of basketball
- To develop and demonstrate an understanding of the principles of team play
- To gain a functional knowledge of the history, rules, organization of the sport
- To develop an appreciation for basketball as both a competitive and recreational activity

COURSE CONTENT:

- **INDIVIDUAL OFFENSIVE SKILLS**
ready position, footwork, pivots
passing, receiving, dribbling, ball handling
shooting – jump shot, lay-ups, free throws, rebounding
- **INDIVIDUAL DEFENSIVE SKILLS**
ready position, footwork
defense On and OFF the ball, rebounding
- **ONE vs ONE PLAY**
- **BASIC TEAM PLAY**
2 v 2, 3 vs 3, 4 vs 4, 5 vs 5
screen + roll, give and go
- **CLASSROOM**
rules, history, organization, equipment
developing a program
socialization, teaching, skill analysis, planning

TRANSFERABILITY (1.5 credits)

U of Alberta = PAC 111, U of Calgary = PEAT 201/301, U of Lethbridge = PHAC 2505

COURSE TEXT

Oliver, Jon; Basketball Fundamentals; Human Kinetics; Champaign, Ill; 2003

COURSE EVALUATION

Skill Evaluations = 50%, Assignments = 30%, Final Exam = 20%

Note: Dec 2-4 Required Minor Official Duties at the Wolves Senior Basketball Classic

Attendance, Attire and Participation

This is an activity course. Students are expected to be in attendance at all classes, properly attired and to participate fully. Students amassing 3 or more unexcused absences may be denied permission to write the Final Exam as per PEAK Department policy.