

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

PA 1110 – INTRODUCTION TO BASKETBALL COURSE OUTLINE

Fall 2008 – GPRC Gymnasium - Mon + Wed 4:00 – 5:20 pm

**Instructor: Mr. Chris Nicol, ph 539-2838, cell 933-2838 fx 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

Note: The course will be taught as a NCCP Level I Shadow course. Students wishing to complete the NCCP LI are required to purchase the BB Canada text and meet the requirements as specified by the instructor.

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
basic Man Offense
- **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

Wissell, H; Basketball: Steps to Success; Human Kinetics; Champaign, Ill; 2005 or
Krause J., Meyer, D. Meyer, J: Basketball Skills and Drills; Human Kinetics; Champaign, Ill; 2008

COURSE EVALUATION

Skill Evaluations = 30-40%

Assignments = 20-30% Video Skills Analysis, HS Tournament Minor Officiating, (Resource Book)

Rules Quiz = 10%

Activity Completion = 10%

Final Exam = 20%

Note: Dec 5-6th Required Minor Official Duties at the Wolves HS 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.

PA 1110 - Intro to Basketball			
Schedule Fall 2008			
#	DAY	DATE	TOPICS
1	MON	8-Sep	Overview,
2	WED	10-Sep	Ball Handling 1, Outdoor 3vs 3
3	MON	15-Sep	Footwork 1, Ball Handling 2
4	WED	17-Sep	Passing 1
5	MON	22-Sep	Passing 2
6	WED	24-Sep	Shooting 1
7	MON	29-Sep	Shooting 2 & Filming
8	WED	1-Oct	Shooting 3 - Lay Ups
9	MON	6-Oct	Give + Go, Screen + Roll
10	WED	8-Oct	Screen + Roll
11	MON	13-Oct	THANKSGIVING
12	WED	15-Oct	Rebounding
13	MON	20-Oct	3 vs 3
14	WED	22-Oct	3 vs 3, Man Defense
15	MON	27-Oct	Transition
16	WED	29-Oct	Transition Video Assignment DUE
17	MON	3-Nov	4 vs 4
18	WED	5-Nov	4 vs 4
19	MON	10-Nov	Rules, Minor Officials
20	WED	12-Nov	Officiating,
21	MON	17-Nov	Rules Quiz
22	WED	19-Nov	5 vs 5
23	MON	24-Nov	Skills Test Practice, 5 vs 5
24	WED	26-Nov	SKILLS TEST
25	MON	1-Dec	Scorekeeping Schedules, 5 vs 5
26	WED	3-Dec	FINAL EXAM
	Fr Sat	Dec 5,6	HIGH SCHOOL TOURNAMENT
27	MON	8-Dec	<i>in lieu, resource book due</i>

Alpha Grading System			
GPCRC GRADING POLICY			
ALPHA	4-POINT	%GUIDELINE	DESIGNATION
A+	4	90-100	Excellent
A	4	85-89	Excellent
A-	3.7	80-84	First Class Standing
B+	3.3	76-79	First Class Standing
B	3	73-75	Good
B-	2.7	70-72	Good
C+	2.3	67-69	Satisfactory
C	2	64-66	Satisfactory
C-	1.7	60-63	Satisfactory
D+	1.3	55-59	Minimal Pass
D	1	50-54	Minimal Pass
F	0	0-49	Fail

