

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

**PA 1110 – INTRODUCTION TO BASKETBALL COURSE OUTLINE**  
**Winter 2007-08 – GPRC Gymnasium - Mon + Wed 4:00 – 5:20 pm**

**Instructor: Mr. Chris Nicol, B.Ed, M.ApSc**  
**ph 539-2838, 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 socialization,  
teaching, skill analysis, planning, developing a program

**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  
Supplementary Materials

**COURSE EVALUATION**

Skill Evaluations = 30-40%

Assignments = 20-30% **Video Skills Analysis, Jr H Tournament & All-Star Game**, Resource Book

Rules Quiz = 10%

Activity Completion = 10%

Final Exam = 20%

Note: Jan 18-19<sup>th</sup> Required Minor Official Duties at the Wolves Jr H S 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.