



DEPARTMENT OF PHYSICAL EDUCATION AND KINESIOLOGY

COURSE OUTLINE – WINTER 2016

PA1110 Instruction of the Basics of Basketball 3 (0-0-3) UT 45 Hours

INSTRUCTOR: Mr. Chris Nicol

PHONE: (780) 539-2838

OFFICE: K220

E-MAIL: cnicol@gprc.ab.ca

OFFICE HOURS: Monday 1:00-2:00, by appointment or drop in.

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:

Wissel, Hal (2012) *Basketball: Steps to Success* (3rd ed.), Champaign, IL; Human Kinetics, Inc.

Additional Resources as designated by the instructor.

DELIVERY MODE(S): Seminar, Lab, Guided Activity

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:

- [Athabasca University: APST 2xx \(3\)](#)
- [Canadian University College: PEAC 244 \(1.5\)](#)
- [Concordia University College of Alberta: PAC 111/1xx \(3\)](#)
- [King's University College, The: PHED 211 \(3\)](#)
- [MacEwan University: PACT 111 \(3\)](#)
- [University of Alberta: PAC 111 \(3\) OR AUPAC 178/278/AUPED 1xx \(3\)](#)
- [University of Calgary: Jr. KNES \(3\)](#)
- [University of Lethbridge, The: PHAC 2xxx \(1.5\)](#)

***Warning:** Although we strive to make the transferability information in this document up-to-date and accurate, **the student has the final responsibility for ensuring the transferability of this course to Alberta Colleges and Universities.** Please consult the Alberta Transfer Guide for more information. You may check to ensure the transferability of this course at Alberta Transfer Guide main page <http://www.transferalberta.ca> or, if you do not want to navigate through few links, at <http://alis.alberta.ca/ps/tsp/ta/tbi/onlineSearch.html?SearchMode=S&step=2>

**** 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	20%
Coursework and Assignments	30%
<i>Video Analysis, Resource Pkg, Activity Completion other</i>	
Skill Assessment	20%
Final Exam and Assessment	30%

GRADING CRITERIA:

Please note that most universities will not accept your course for transfer credit **IF** your grade is **less than C-**.

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:

#	DAY	DATE	TOPICS
1	THUR	J7	Introduction
2	TUES	J12	Footwork 1, Ball Handling 1, Passing 1
3	THUR	J14	Footwork 2, Ball Handling 2, Passing 2
4	TUES	J19	Shooting 1: Lay Ups 1
5	THUR	J21	Shooting 2: Lay Ups 2
6	TUES	J26	BASICS QUIZ + Rebounding
7	THUR	J28	SKILL TEST ONE
8	TUES	F2	Shooting VIDEO + Stations, Score Sheets,
9	THUR	F4	Shooting VIDEO + Stations Officials Hand Signals
10	TUES	F9	Post Ups
11	THUR	F11	RULES QUIZ & Post Ups
	TUES	F16	<i>WINTER BREAK</i>
	THUR	F18	<i>WINTER BREAK</i>
12	TUES	F23	Screen & Roll <i>Video Assignment Due</i>
13	THUR	F25	Screen & Roll
14	TUES	M1	Motion Offense & Man Defense
15	THUR	M3	Motion Offense & Man Defense
16	TUES	M8	Motion Offense & Man Defense
17	THUR	M10	SKILLS TEST TWO
18	TUES	M15	Transition
19	THUR	M17	Zone Defense
20	TUES	M22	1 v 1, 2 v 2 Tournaments
21	THUR	M24	3 v 3 Tournament
22	TUES	A5	5 v 5 Tournament
23	THUR	A7	SKILLS TEST FINAL
24	TUES	A12	Resource Book Due

STUDENT RESPONSIBILITIES:

Regular attendance and participation is 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.

Refer to the College Policy on Student Rights and Responsibilities at www.gprc.ab.ca/d/STUDENTRIGHTSRESPONSIBILITIES

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 Admission Guide at <http://www.gprc.ab.ca/programs/calendar/> or the College Policy on Student Misconduct: Plagiarism and Cheating at <http://www.gprc.ab.ca/about/administration/policies/>

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