

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

**PA 1110 (1.5)**  
**INTRODUCTION TO BASKETBALL**  
**GPRC Gymnasium - Mon & Wed (4:00 – 5:20 pm)**

**Winter 2010 - Course Outline**

**Transferability:** U of A = PAC 111, U of C = PEAT 201/301, U of L = PHAC 2505

**INSTRUCTOR:** Kathy Nilsson

**OFFICE:** K216

**OFFICE HOURS:** Monday – Friday (9-11am)

**EMAIL:** knilsson@gprc.ab.ca

**OFFICE PHONE:** 780-539-2231

**REQUIRED TEXT:**

Krause J., Meyer, D. Meyer, J. (2008). *Basketball Skills and Drills (3<sup>rd</sup> ed.)*. Human Kinetics: Champaign, Ill.

**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 & basic Man Offense
- **CLASSROOM**  
rules, history, organization, equipment, skill analysis.

**COURSE EVALUATION**

Skill Evaluations = 35%

Assignments = 30% (Video Skills Analysis, Junior High BB Tournament)

Rules Quiz = 10%

Attendance & Participation = 10%

Final Exam = 15%

Note: Jan 29 & 30<sup>th</sup> Required Minor Official Duties for 5 games 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.