



DEPARTMENT OF PHYSICAL EDUCATION AND KINESIOLOGY

COURSE OUTLINE – WINTER 2015

PA1110 INTRODUCTION TO BASKETBALL – 3.0(0-0-3) 45 HOURS

INSTRUCTOR: Leigh Goldie **PHONE:** 780-539-2978
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OFFICE

HOURS: Call or e-mail for an appointment

PREREQUISITE(S)/COREQUISITE: None

RESOURCE MATERIALS:

Basketball Alberta website: www.basketballalberta.ca

Basketball Canada website: www.basketball.ca

FIBA website: www.fiba.com

FIBA Hoops Coach website: www.fiba.com/pages/eng/cl/p/index.html

Coaches Clipboard: www.coachesclipboard.net

Additional Resources as determined by instructor

CALENDAR DESCRIPTION: Acquisition of theoretical knowledge and personal skills used in the instruction of the basics of basketball.

CREDIT/CONTACT HOURS: 3.0 (0-0-3) UT 45 Hours

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

OBJECTIVES:

- To learn and perform the basic skills of basketball.
- To develop and demonstrate an understanding of the principles of team play.
- To introduce students to both practical and theoretical aspects of the instruction of basketball.

- To gain a functional knowledge of the history, rules and organization of the sport.
- To develop an appreciation for basketball as both a competitive and recreational activity.

TRANSFERABILITY: UA, UC, UL, AU*, AF, CU, CUC, KUC

**** 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**

GRADING CRITERIA:

GRANDE PRAIRIE REGIONAL COLLEGE GRADING CONVERSION CHART			
Alpha Grade	4-point	% Guidelines	Designation
A ⁺	4.0	90 – 100	EXCELLENT
A	4.0	85 – 89	
A ⁻	3.7	80 – 84	FIRST CLASS STANDING
B ⁺	3.3	77 – 79	
B	3.0	73 – 76	GOOD
B ⁻	2.7	70 – 72	
C ⁺	2.3	67 – 69	SATISFACTORY
C	2.0	63 – 66	
C ⁻	1.7	60 – 62	
D ⁺	1.3	55 – 59	MINIMAL PASS
D	1.0	50 – 54	
F	0.0	0 – 49	FAIL
WF	0.0	0	FAIL, withdrawal after the deadline

EVALUATIONS:

Final Skills Test (passing, ball handling, lay-ups, shooting form)	30%
Participation and Engagement	15%
Skill Analysis/Drill package/Warm-up	30%
Written Test	25%

STUDENT RESPONSIBILITIES: This is an activity course. As such, students are expected to be in attendance at all classes, properly attired and to participate fully. Students with more than three unexcused absences will be denied permission to write the test and to be assessed for the final skills test.

Note: Jan. 30/31 Required 'Officials' Duties at the Wolves Jr. High School Basketball Classic (3 games)

STATEMENT ON PLAGIARISM AND CHEATING:

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 www.gprc.ab.ca/about/administration/policies/**

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

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, On and Off the ball defense, rebounding
- ONE vs ONE PLAY
- BASIC TEAM PLAY
2 v 2, 3 vs 3, 4 vs 4, 5 vs 5, Screen and Roll, Give and Go, Developmental games
- CLASSROOM
Rules, history, terminology, organization, equipment, planning, teaching, skill analysis, basketball in Alberta, Canada and the World