

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

PA 1110 – INTRODUCTION TO BASKETBALL COURSE OUTLINE
Winter 2006 – GPRC Gymnasium - Tues + Thurs 2:30 – 3:50 pm

Instructor: Chris Nicol, 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

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
- 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

COURSE EVALUATION

Skill Evaluations = 40%

Assignments = 30% Video Skills Analysis, Jr H Tournament Officiating, Resource Book

Rules Quiz = 5%

Activity Completion = 5%

Final Exam = 20%

Note: Jan 27-28 Required Official Duties at the Wolves Junior 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.