

# **GRANDE PRAIRIE REGIONAL COLLEGE**

## **DEPARTMENT OF PHYSICAL EDUCATION, ATHLETICS AND KINESIOLOGY**

### **PA 3110 – ADVANCED BASKETBALL - COURSE OUTLINE**

Winter 2009– GPRC Gymnasium – Tues + Thurs 2:30– 3:50 pm (3.0 cr)

Instructor: Chris Nicol, ph 539-2838, fx 539-2811 office K214, [cnicol@gprc.ab.ca](mailto: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 a functional knowledge of team systems
- To develop understanding and skills of officiating
- To develop an appreciation for basketball as both a competitive and recreational activity

#### **COURSE CONTENT:**

- INDIVIDUAL OFFENSIVE SKILLS, INDIVIDUAL DEFENSIVE SKILLS
- BASIC TEAM PLAY- 2 v 2, 3 vs 3, 4 vs 4, 5 vs 5, screen + roll, give and go
- TEAM OFFENSIVE SYSTEMS and TEAM DEFENSIVE SYSTEMS
- OFFICIATING –rules, on court officiating, score sheets
- CLASSROOM - rules, history, organization, equipment\_developing a program, tournament structure and administration, teaching, skill analysis, planning - practice, seasonal

#### **TRANSFERABILITY**

U of Alberta = PAC 311, U of Lethbridge = PHAC 3505

#### **COURSE TEXT**

Wooten, Morgan, 2003, Coaching Basketball Successfully 2<sup>nd</sup> Ed, Human Kinetics  
Nicol, Chris, 2006 Building a Successful Motion Offense, DVD and Resource Book  
Selected Readings, Videos

#### **COURSE EVALUATION**

**Skill Evaluations = 20%**

**Assignments = 30%** Jr H T = 10%, Assignments 15% All-Star Game 5%

**Quizzes = 20%**

**Final Exam = 20%**

**Learning Activity Completion = 10%** Attendance, Participation

*Note: Jr High Tournament Jan 23-24<sup>th</sup> All-Star Game Thurs April 2<sup>nd</sup>*

#### **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.