

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

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 2nd 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 23-24th All-Star Game Thurs April 2nd

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.