

Cerro Coso College  
**Course Outline of Record Report**  
 10/06/2021

## KINSC117 : Fundamentals of Basketball

### General Information

|                                     |   |
|-------------------------------------|---|
| Author:                             | • Sarah King  |
| Course Code (CB01) :                | KINSC117  |
| Course Title (CB02) :               | Fundamentals of Basketball  |
| Department:                         | Physical Education  |
| Proposal Start:                     | Summer 2019   |
| TOP Code (CB03) :                   | (0835.00) Physical Education  |
| SAM Code (CB09) :                   | Non-Occupational  |
| Distance Education Approved:        | No  |
| Course Control Number (CB00) :      | No value  |
| Curriculum Committee Approval Date: | 04/27/2018  |
| Board of Trustees Approval Date:    | 06/14/2018  |
| External Review Approval Date:      | 06/15/2018  |
| Course Description:                 | This is a beginning course to introduce the fundamentals of basketball skills. This class will place emphasis on the fundamentals of shooting, passing, dribbling, offensive and defensive strategies, and the rules of basketball. |
| Submission Type:                    | Mandatory Revision  |
| Author:                             | No value  |

### Faculty Minimum Qualifications

|  |                                       |
|--|---------------------------------------|
| Master Discipline Preferred:                             | • Kinesiology<br>• Physical Education |
| Alternate Master Discipline Preferred:                   | No value                              |
| Bachelors or Associates Discipline Preferred:            | No value                              |
| Additional Bachelors or Associates Discipline Preferred: | No value                              |

### Course Development Options

|  |  |   |
|--|--|---|
| Basic Skills Status (CB08)<br>Course is not a basic skills course.       | Course Special Class Status (CB13)<br>No value | Grade Options<br>• Pass/No Pass<br>• Letter Grade Methods |
| <input type="checkbox"/> Allow Students to Gain Credit by Exam/Challenge | Allowed Number of Retakes<br>0                 | Course Prior To College Level (CB21)<br>No value          |

**Rationale For Credit By Exam/Challenge**

No value

**Retake Policy Description**

Students may repeat this class one time

Allow Students To Audit Course

**Course Support Course Status (CB26)**

No value

**Associated Programs**

Course is part of a program (CB24)

**Associated Program**

No value

**Award Type**

No value

**Active**

**Transferability & Gen. Ed. Options**

**Course General Education Status (CB25)**

No value

**Transferability**

Transferable to both UC and CSU

**Transferability Status**

Approved

**CSU General Education Certification**

Area E.2

**Categories**

Lifelong Learning & Self-Development Activity

**Status**

Approved

**Approval Date**

04/10/2019

**Comparable Course**

No Comparable Course defined.

**Units and Hours**

**Summary**

|  |    |
|--|----|
| <b>Minimum Credit Units (CB07)</b>           | 1  |
| <b>Maximum Credit Units (CB06)</b>           | 1  |
| <b>Total Course In-Class (Contact) Hours</b> | 54 |
| <b>Total Course Out-of-Class Hours</b>       | 0  |
| <b>Total Student Learning Hours</b>          | 54 |
| <b>Faculty Load</b>                          | 0  |

**Credit / Non-Credit Options**

**Course Credit Status (CB04)**

Credit - Degree Applicable

**Course Non Credit Category (CB22)**

Credit Course.

**Non-Credit Characteristic**

No Value

**Course Classification Status (CB11)**

Credit Course.

Variable Credit Course

**Funding Agency Category (CB23)**

Not Applicable.

Cooperative Work Experience Education Status (CB10)

**Weekly Student Hours**

|                  | In Class | Out of Class |
|------------------|----------|--------------|
| Lecture Hours    | 0        | 0            |
| Laboratory Hours | 0        | 0            |
| Activity Hours   | 3        | 0            |

**Course Student Hours**

|  |    |
|--|----|
| <b>Course Duration (Weeks)</b>         | 18 |
| <b>Hours per unit divisor</b>          | 54 |
| <b>Course In-Class (Contact) Hours</b> |    |
| Lecture                                | 0  |
| Laboratory                             | 0  |
| Activity                               | 54 |
| <b>Total</b>                           | 54 |
| <b>Course Out-of-Class Hours</b>       |    |
| Lecture                                | 0  |
| Laboratory                             | 0  |
| Activity                               | 0  |
| <b>Total</b>                           | 0  |

**Time Commitment Notes for Students**

No value

**Faculty Load**

**Extra Duties:** 0

**Faculty Load:** 0

**Units and Hours - Weekly Specialty Hours**

| Activity Name | Type     | In Class | Out of Class |
|---------------|----------|----------|--------------|
| No Value      | No Value | No Value | No Value     |

**Pre-requisites, Co-requisites, Anti-requisites and Advisories**

No Value

| <b>Entrance Skills</b> |                    |
|------------------------|--------------------|
| <b>Entrance Skills</b> | <b>Description</b> |
| No value               | No value           |

| <b>Limitations on Enrollment</b> |                    |
|----------------------------------|--------------------|
| <b>Limitations on Enrollment</b> | <b>Description</b> |
| No value                         | No value           |

| <b>Specifications</b>  |   |                  |             |             |
|--|---|------------------|-------------|-------------|
| <b>Methods of Instruction</b>  |   |                  |             |             |
| <b>Methods of Instruction</b>  | Other   |                  |             |             |
| <b>Rationale</b>   | Course instructional methods may include but are not limited to<br>1. Other methods: Activity |                  |             |             |
| <b>Assignments</b>   |   |                  |             |             |
| Out of Class Assignments may include but are not limited to assigned readings. |   |                  |             |             |
| <b>Methods of Evaluation</b>   |   | <b>Rationale</b> |             |             |
| Participation  | Participation 70 points out of 100  |                  |             |             |
| Final Exam   | Written Final 20 points out of 100  |                  |             |             |
| Other  | Critique article relating to basketball 10 points out of 100                                  |                  |             |             |
| <b>Equipment</b>   |   |                  |             |             |
| None   |   |                  |             |             |
| <b>Textbooks</b>   |   |                  |             |             |
| <b>Author</b>  | <b>Title</b>  | <b>Publisher</b> | <b>Date</b> | <b>ISBN</b> |
| No Value   | No Value  | No Value         | No Value    | No Value    |
| <b>Other Instructional Materials</b>   |   |                  |             |             |

No Value

**Materials Fee**

No value

**Learning Outcomes and Objectives****Course Objectives**

No value

**CSLOs**

|  |                                |
|--|--------------------------------|
| Apply principles of exercise and fitness to lifetime health and well being                                   | Expected SLO Performance: 70.0 |
| Understand the rules and regulations governing basketball.   | Expected SLO Performance: 70.0 |
| Acquire and improve basic skills, tactics, and strategies.   | Expected SLO Performance: 70.0 |
| Use basic and advanced skills such as screening, dribbling, shooting, and passing in the game of basketball. | Expected SLO Performance: 70.0 |

**Outline****Course Outline**

- A. History, terminology, equipment and clothing
- B. Knowledge of the game.
  - 1. Rules and regulations
  - 2. Scoring, time-outs
  - 3. Strategies and tactics
- C. Instruction in individual skills fundamentals
  - 1. Passing- chest pass, bounce pass, hip pass, baseball pass, two-handed overhead pass, flip pass- standing, still, and moving
  - 2. Dribbling- right hand, left hand, speed dribble, controlled dribble, switch hands
  - 3. Pivoting- to the right, to the left, end of dribble, jump shot
  - 4. Shooting- lay-up shot, lay-back shot, set shot (one handed), jump shot, free how shot, backboard shot
  - 5. Defense
    - a. Individual plays (man to man, zone, fronting, and baselining)
    - b. Team (man to man or zone- 2-1-2, 2-3, 1-3-1, 1-2-2, 3-2, box , and 1)
  - 6. Offense
    - a. Individual plays (2 on 1, 3 on 2, screen and roll)
    - b. Team- single pivot, high post, 1-3-1
    - c. Fast-break
    - d. Basic offense- zone, man
    - e. Strategy- press deny defense, sagging defense, fastbreak, transition basketball, slowdown conservative basketball, double team
  - 7. Rebounding- offensive and defensive
- D. Fitness for sports and life
  - basic fitness and health principles
  - life long wellness and fitness
  - mental health and fitness

## Delivery Methods and Distance Education

**Delivery Method:** Please list all that apply -Face to face -Online (purely online no face-to-face contact) -Online with some required face-to-face meetings ("Hybrid") -Online course with on ground testing -iTV – Interactive video = Face to face course with significant required activities in a distance modality -Other

Face-to-face only

**Rigor Statement:** Assignments and evaluations should be of the same rigor as those used in the on-ground course. If they are not the same as those noted in the COR on the Methods of Evaluation and out-of-class assignments pages, indicate what the differences are and why they are being used. For instance, if labs, field trips, or site visits are required in the face to face section of this course, how will these requirements be met with the same rigor in the Distance Education section?

No Value

**Effective Student-Instructor Contact:** Good practice requires both asynchronous and synchronous contact for effective contact. List the methods expected of all instructors teaching the course. -Learning Management System -Discussion Forums -Message -Other Contact -Chat/Instant Messaging -E-mail -Face-to-face meeting(s) -Newsgroup/Discussion Board -Proctored Exam -Telephone -iTV -Interactive Video -Other (specify)

No Value

**Software and Equipment:** What additional software or hardware, if any, is required for this course purely because of its delivery mode? How is technical support to be provided?

No Value

**Accessibility:** Section 508 of the Rehabilitation Act requires access to the Federal government's electronic and information technology. The law covers all types of electronic and information technology in the Federal sector and is not limited to assistive technologies used by people with disabilities. It applies to all Federal agencies when they develop, procure, maintain, or use such technology. Federal agencies must ensure that this technology is accessible to employees and the public to the extent it does not pose an "undue burden". I am using -iTV—Interactive Video only -Learning management system -Publisher course with learning management system interface.

No Value

**Class Size:** Good practice is that section size should be no greater in distance ed modes than in regular face-to-face versions of the course. Will the recommended section size be lower than in on-ground sections? If so, explain why.

maximum 32