



Glendale College  
Department of Health and Physical Education  
**Beginning Basketball Class - Verdugo Gym**  
Begins: 2/21/17 - Ends: 6/14/17  
Lab: Tuesdays and Thursdays - Time: 9:10 AM - 10:35 AM

Instructor: Joel Weiss  
Email: jweiss@glendale.edu  
Office Location: Verdugo Gym - 110 C  
Office Phone: 818.240.1000 - Extension - 5643  
Office Hours: Tuesdays and Thursdays - 3:00-6:00 pm

---

## ***COURSE DESCRIPTION***

### **Kinesiology 150 - Beginning Basketball**

1 unit; 3 hours lab

#### **Basketball**

This course offers instruction and practice in the skills of basketball for the beginning to intermediate player. Offensive and defensive skills such as footwork, dribbling, passing, and shooting, are taught along with defensive positioning and rebounding. Rules of the game will be covered along with game strategies and scrimmage games.

#### **Student Learning Outcome**

Upon successful completion of the required coursework, the student will be able to: demonstrate and apply safety rules and procedures to effectively participate in a physical movement environment; demonstrate knowledge of the rules of basketball; demonstrate basic fundamental basketball motor skills.

#### **Course Objectives**

1. Apply basketball warm-up/conditioning exercises to enhance performance & minimize risk of injury.
2. Demonstrate proper offensive techniques/skills (i.e. footwork, dribbling, passing, and shooting)
3. Demonstrate proper defensive techniques/skills (i.e. rebounding, 1-on-1 coverage, and zone coverage)
4. Interpret and apply the rules of basketball during game-like situations.
5. Assess team strengths/weaknesses and employ strategies to enhance success during competition.

## **Class Participation and Attendance**

Attendance and participation is required and is essential to a student's success. If a student cannot attend class they should discuss the reason for the absence with the instructor, when possible, before the class is missed. Missed classes without prior communication with the instructor will result in a loss of all participation points for that day.

## **Point Distribution / Grading Policy (5 Points Possible/Class)**

75% Participation/Attitude/Effort – 5 points

Show up on-time, dress in proper attire, respect classmates and staff. Dismissal, due to disciplinary action, will result in an unexcused absence.

25% Online Assignments – Moodle

***Moodle online Lecture Component:*** Each week students will have a “basketball” related lesson to complete via the Moodle website. Lessons include; short videos, power-point presentations, current events, discussion questions, and quizzes. Students will learn a particular basketball related topic through the lesson methods stated above and answer short questions in a quiz format using the Moodle system. The quizzes are designed to help students learn the fundamentals of basketball.

## **Rubric for Full Participation Credit**

5 Points –

- Student follows all the rules of the fitness facility, school, classroom and safety guidelines as indicated on fitness center waiver forms.
- Student follows procedures and signs all policy forms/waivers by the due dates.
- Student brings required materials (towel, water in a plastic bottle, and student ID).
- Student follows instruction and only performs the exercises that the instructor demonstrates.
- Student dresses in proper athletic sportswear, is ready for physical activity after calling role, and participates in all exercises until class is dismissed.
- Student is respectful to fellow students and Faculty/Staff.
- Student is cooperative, polite, and is not disruptive to the class at any time.
- Student notifies instructor if they are feeling ill or has an injury.

4 Points - Demonstrates the participation behaviors most of the time.

3 Points - Demonstrates the participation behaviors some of the time.

2 Points - Demonstrates the participation behavior occasionally.

1 Point - Rarely demonstrates the participation behaviors.

0 Points – Never demonstrates the participation behaviors.

## **General Class Policies**

1. Please turn off cell phones, pagers, iPods, other MP3 players, Walkman's, Discman's, etc.
2. Courtesy, kindness, and respect are great human qualities to be cultivated.
3. It is expected that all students will participate fully during class.
4. Eating in class is strongly discouraged.
5. Arrive properly dressed and prepared to participate in basketball training.
6. Children are not allowed in classrooms. All visitors or volunteers must have district approval.
7. Students should follow the instructor's directions at all times and be aware of all safety requirements. Students must be aware of nearest emergency phone. Student must report injuries occurring in the course to the instructor immediately.

## **Requirements**

1. Attend Class Daily and Participate
2. Arrive On Time
3. Wear Proper Athletic Attire – Bring a towel and water!
4. Treat Fellow Students, Fitness Center Faculty, and Staff with Respect
5. Give a **GREAT EFFORT!!!**



## **Grading Scale:**

- A (90% and Above)
- B (80-89%)
- C (70-79%)
- D (60-69%)
- F (59% and Below)






## **COURSE TOPICS:**

*(Subject to Change)*






### **Orientation/Introductions/Expectations**

-  Be Respectful, Responsible & Accountable
-  All Students Are Expected to...
  - > Arrive on Time and Be Prepared to Participate
  - > Listen & Follow Directions
  - > Mind Their Language (i.e. No Foul Language, Discriminatory Remarks etc.)
  - > Bring a Positive Attitude
  - > Put Forth a Great Effort
  - > Strive to Learn, Develop and Incorporate New Skills/Techniques





### **Basketball Basics**

-  Basketball Court Dimensions
-  Basketball Court Diagram
-  Basic Rules of the Game
-  Basketball Terminology
-  Basketball Equipment / Safety

### **Offensive Fundamentals**

-  Dribbling
-  Passing / Receiving
-  Right Hand / Left Hand Lay-up
-  Shooting (jump shot, 3-point shot, free throw)
-  Rebounding

### **Defensive Fundamentals:**

-  Body Position
-  Movement of Feet
-  Rebounding
-  Man-to-Man Defense

