



COURSE OUTLINE : ATHPE 151

D Credit – Degree Applicable

COURSE ID 010544

Created: February 2021

COURSE DISCIPLINE : ATHPE
COURSE NUMBER : 151
COURSE TITLE (FULL) : Women's Basketball Conditioning
COURSE TITLE (SHORT) : Women's Basketball Conditioning
CCC ACADEMIC SENATE DISCIPLINE: Coaching

CATALOG DESCRIPTION

ATHPE 151 is designed for the student-athlete interested in conditioning for intercollegiate women's basketball. The course is intended to provide strength and conditioning exercises with an emphasis on safety, injury prevention, rules, and game plays for women's basketball.

CATALOG NOTES

Note: ATHPE 151 is designed for the intercollegiate women's basketball team. May be taken 4 times for credit.

Total Lecture Units:0.00

Total Laboratory Units: 1.50

Total Course Units: 1.50

Total Lecture Hours:0.00

Total Laboratory Hours: 81.00

Total Laboratory Hours To Be Arranged: 0.00

Total Contact Hours: 81.00

Total Out-of-Class Hours: 0.00

Prerequisite: None.



ENTRY STANDARDS

	Subject	Number	Title	Description	Include
1				explain intermediate knowledge of basketball biomechanics such as footwork, shooting, blocking, passing and dribbling	Yes
2				demonstrate intermediate techniques of basketball biomechanics such as footwork, shooting, blocking, passing and dribbling	Yes
3				engage in cardiovascular and mental training at moderate to vigorous levels	Yes
4				integrate intermediate basketball knowledge to strength training movements	Yes
5				apply strength training exercises to basketball specific movements	Yes

EXIT STANDARDS

- 1 perform an advanced level of physical skills relative to participation in intercollegiate competition
- 2 execute offensive and defensive strategies used at the collegiate competitive level
- 3 demonstrate basketball specific movements at moderate to advanced levels
- 4 demonstrate basketball specific strength and conditioning techniques
- 5 increase physical fitness, strength and basketball specific techniques

STUDENT LEARNING OUTCOMES

- 1 develop and apply a strength training program as it applies to intercollegiate women’s basketball
- 2 develop and apply a cardiovascular training program as it applies to intercollegiate women’s basketball
- 3 demonstrate and apply safety rules and procedures to effectively participate in a physical movement environment

COURSE CONTENT WITH INSTRUCTIONAL HOURS

	Description	Lecture	Lab	Total Hours
1	Strength Training for Basketball <ul style="list-style-type: none"> • Core • Upper body • Lower body • Knee care 	0	28	28
2	Plyometric Training for Basketball <ul style="list-style-type: none"> • Bounding and leaping drills • Battling ropes • Sparq ladder • Agility drills 	0	12	12



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3	Situational Training in Basketball <ul style="list-style-type: none"> • Defensive and offensive training strategies • Team work between defensive positions • Team work between offensive positions 	0	12	12
4	Cardiovascular Training in Basketball <ul style="list-style-type: none"> • Sprinting endurance • Dynamic explosive movements 	0	24	24
5	Application of Rules in Basketball <ul style="list-style-type: none"> • Defensive rule interpretation and strategies • Offensive rule interpretation and strategies 	0	5	5
				81

OUT OF CLASS ASSIGNMENTS

- 1 fitness analysis (e.g. body weight, body composition, recognized perceived exertion)
- 2 field activities (e.g. physical exercise to enhance in-class activity)

METHODS OF EVALUATION

- 1 demonstration
- 2 group participation
- 3 one repetition strength tests (e.g. one repetition of maximum weight for squats)
- 4 timed sprints
- 5 multiple repetition strength tests (e.g. timed push-ups)
- 6 static strength tests

METHODS OF INSTRUCTION

- Lecture
- Laboratory
- Studio
- Discussion
- Multimedia
- Tutorial
- Independent Study
- Collaboratory Learning



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- Demonstration
- Field Activities (Trips)
- Guest Speakers
- Presentations

TEXTBOOKS

Title	Type	Publisher	Edition	Medium	Author	IBSN	Date
2019-20 and 2020-21 NCAA Women's Basketball Rules and Interpretations	Required				National Collegiate Athletics Association		2020