



## KINE 286 - Women's Basketball Team Course Outline

Approval Date: 02/13/2020

Effective Date: 08/14/2020

### SECTION A

**Unique ID Number** CCC000629412

**Discipline(s)** Coaching  
Health  
Physical Education

**Division** Kinesiology & Athletics

**Subject Area** KINESIOLOGY

**Subject Code** KINE

**Course Number** 286

**Course Title** Women's Basketball Team

**TOP Code/SAM Code** 0835.50 - 0835.50 Intercollegiate Athletics / E -  
Non-Occupational

**Rationale for adding this course to the curriculum** Changing subject code to KINE.

**Units** 0.5 – 3

**Cross List** N/A

**Typical Course Weeks** 18

### Total Instructional Hours

#### Contact Hours

**Lecture** 0.00  
to 0.00

**Lab** 29.00  
to 175.00

**Activity** 0.00  
to 0.00

**Work Experience** 0.00  
to 0.00

**Outside of Class Hours** 0.00  
to 0.00

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**Total Contact Hours** 29  
to 175

**Total Student Hours** 29  
to 175

**Open Entry/Open Exit** No

**Maximum Enrollment** 20

**Grading Option** Letter Grade or P/NP

**Distance Education Mode of Instruction** On-Campus

**SECTION B**

**General Education Information:**

**SECTION C**

**Course Description**

**Repeatability** May be repeated 3 times

**Catalog Description** A course designed for the competitive basketball player who will represent Napa Valley College in intercollegiate play.

**Schedule Description**

**SECTION D**

**Condition on Enrollment**

**1a. Prerequisite(s):** *None*

**1b. Corequisite(s):** *None*

**1c. Recommended:** *None*

**1d. Limitation on Enrollment:** *None*

**SECTION E**

**Course Outline Information**

**1. Student Learning Outcomes:**

A. Upon completion of this course, the student will be able to demonstrate the skills and strategies required to participate in intercollegiate basketball.

**2. Course Objectives:** Upon completion of this course, the student will be able to:

- A. Understand the governing rules and regulations
- B. Demonstrate knowledge of individual and team skills and will employ proper techniques
- C. Demonstrate knowledge of offensive and defensive strategies
- D. Analyze team performance
- E. Set up individual strength and conditioning programs
- F. Evaluate and critique individual performance during games and practice
- G. Demonstrate positive sportsmanship, team and individual responsibility
- H.

**3. Course Content**

- A. Offensive skills
  - a. individual
    - a. footwork
    - b. ball handling
    - c. passing
    - d. shooting
  - b. team
    - a. zone and man
    - b. against pressure
    - c. protecting a lead
    - d. specialty
- B. Defensive skills
  - a. individual
    - a. footwork

- b. on ball
    - c. off ball
  - b. team
    - a. zone
    - b. man
    - c. specialty
    - d. extended
- C. Rebounding
  - a. offensive
  - b. defensive
- D. Strength and Conditioning Programs
- E. Game and Film Analysis - Statistical Analysis
- F. NCAA, COA Rules and Regulations
- G. Sportsmanship, team and individual responsibility
- H. A student is allowed to repeat the course provided that the student, in consultation with the coach, identify and select skills to be improved upon. The student will be introduced to the skill development required for advanced skills. Additionally, the athlete will be expected to reach a higher level of conditioning and performance. Advanced athletes will be expected to develop greater leadership skills and team responsibilities.
- I.

#### 4. Methods of Instruction:

**Activity:** Students will demonstrate offensive and defensive skills sets. Students will participate in game scenarios. Students will analyze individual and game film.

**Observation and Demonstration:** Students will observe and analyze game and practice film. Students will compete in intercollegiate competitions.

**Other:** Activity: Students will develop and master skills for defense and offense. Mediated Learning: Students will view and analyze films of games. Observation and Demonstration: Coach will show students proper form and movement in laying basketball.

#### 5. Methods of Evaluation: Describe the general types of evaluations for this course and provide at least two, specific examples.

##### Typical classroom assessment techniques

Class Work -- Students will be required to demonstrate offensive and defensive skills. Students will analyze individual and team performance. Students will participate in intercollegiate competition.

Lab Activities -- offensive/defensive skills on/off ball drills game strategies individual skill development

Additional assessment information:

Activity: Participation in practice and games.

Completion of training program.

Class performance: Completion of self- and team evaluations.

Class work: Development and enhancement of cooperative attitude.

Letter Grade or P/NP

#### 6. Assignments: State the general types of assignments for this course under the following categories and provide at least two specific examples for each section.

##### A. Reading Assignments

Students will be required to read hand outs as assigned by coach.

Students will be required to read the NVC Student Athlete Handbook.

##### B. Writing Assignments

Students will be required to develop practice plan and evaluate performance.  
Students will be required to write reviews of their game performance.  
Students will be required to conduct game and individual film analysis.

C. Other Assignments

Students will be required to participate in conference and non-conference play.  
Competition will take place evenings and weekends.

**7. Required Materials**

**A. EXAMPLES of typical college-level textbooks (for degree-applicable courses) or other print materials.**

Book #1:

Author: National College Athletic Association

Title: 2016-2017 NCAA Manual and Rule Book

Publisher: -

Date of Publication: 2016

Edition:

**B. Other required materials/supplies.**

- The primary resource material for students are handouts prepared by the coach