

**COURSE:** Basketball

**CLASS STRUCTURE:** This class will meet five times a week. Classroom work periods will be conducted on a needs basis.

**OBJECTIVE:** The object of this course is to acquire knowledge and skills in basketball for current and future recreational pursuits and maintain and/or improve personal fitness. Strategies of team play, skill acquisition, and the maintenance and/or improvement of personal fitness should be stressed.

**COURSE REQUIREMENT:** Each student enrolled in this course will be expected to **ACTIVELY** participate in class activities on a daily basis.

**COURSE CONTENT:**

1. Understand the importance of basketball as a lifelong activity.
2. Understand the history of basketball.
3. Understand the rules and terminology of basketball.
4. Understand and use proper techniques in basketball.
5. Exhibit an improved level of skill in basketball.
6. Understand the strategies of team play in basketball
7. Understand basketball officiating techniques.
8. Exhibit knowledge of the organization and administration of basketball activities.
9. Exhibit attributes of positive sportsmanship inherent in basketball.
10. Understand the social skills derived from participation in basketball.
11. Understand the physical fitness value derived from participation in basketball.
12. Understand and apply physiological principles related to exercise and training.
13. Exhibit an improved or maintained level of the health-related components of physical fitness.
14. Understand and use safety practices specific to basketball.
15. Understand consumer issues related to basketball.
16. Exhibit a positive attitude toward basketball as a participant and an observer.

**GRADING CRITERIA:**

- 40% to 60% Participation based on 20 points per day (daily dressing out and/or **ACTIVE** class participation)
- 50% Skill tests, active participation in selected activities (written and physical)
- 10% to 20% Written tests; teacher evaluation which consists of:
- a) the amount of effort shown in class
  - b) ability to follow instructions
  - c) cooperation with others