



Course Outline

2026-2027 Catalog

KIN 70 - Basketball I

Catalog Description

Transfer Status: CSU/UC

Unit(s): 1.50

Activity: 51.00 Contact hours/25.50 Out of class hours/76.50 Total hours/1.50 Unit(s)

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Course Description: This course provides students with an introduction to the game of basketball. Specific attention will be focused upon standard rules, sportsmanship, etiquette, offensive and defensive team play, and the application of game strategy. Individual fundamentals will focus on offensive and defensive techniques specific to footwork, ball skills (i.e., shooting, passing, and dribbling), and rebounding.

Objectives

Upon successful completion of this course, the student should be able to:

1. identify the fundamental offensive and defensive skills and techniques required to play basketball.
2. describe and apply the standard rules of the game of basketball.
3. employ basic basketball skills in repetitive drills and game situations.
4. demonstrate the proper sportsmanship and etiquette expected in the game of basketball.
5. identify the fundamental offensive and defensive strategies of basketball.

Course Content

Topic Titles / Suggested Time Topic		
<u>Lecture/Activity</u>		
<u>Topics</u>	<u>Lec Hrs</u>	<u>Act Hrs</u>
Orientation and Introduction to General Rules		3.00
Current Fundamental Basketball Skills Evaluation and Sportsmanship		6.00
Footwork		2.50
Ball Handling: Passing and Dribbling		3.50
Application of Offensive Individual Basketball Fundamentals		5.50
Offensive Team Play and Strategy		4.50
Individual Basic Defense		3.50
Introduction to Basic Team Defense		4.50
Offensive and Defensive Rebounding		3.00
Offensive and Defensive Transition		6.00
Offensive and Defensive Specific Sets		5.00
Review of Basic Fundamentals and Etiquette		4.00
Total Hours:		0.00 51.00

Methods of Instruction

- A. Collaborative Group Work
- B. Demonstrations
- C. Discussion
- D. Homework: Students are required to complete one hour of outside-of-class homework for every two hours of activity
- E. Multimedia Presentations
- F. Drill/Practical

Methods of Evaluation

- A. Papers
- B. Homework
- C. Group Participation (Inactive)
- D. Written or Oral Examinations
- E. Practical Evaluations
- F. Class Discussion

Examples of Assignments

Reading Assignments

1. Review a professional article on individual and team fundamentals. Plan to discuss in small groups.
2. Read and be prepared to discuss the course handout specific to shooting the basketball.

Writing Assignments

1. Write a one page essay on your favorite basketball topic, either a coach, player, or team.
2. Write a brief essay reviewing game strategies observed in a live competition.

Out-of-Class Assignments

1. Observe a live basketball competition at any level of play and report your observations as they address conduct, rules, and techniques.
2. Interview a current basketball coach at any level of competition. Be prepared to discuss coaching techniques, skills, and differences you've learned from the interview.

Recommended Materials of Instruction

Wissel, Hal. (2011). Basketball-3rd Edition: Steps to Success (Steps to Success Activity Series). *Human Kinetics, 3rd*.

Other Learning Materials

The student will be required to provide:

- a. Athletic apparel
- b. Tennis or court shoes (non-marking soles)

Other materials and/or equipment will be provided by the department.

Minimum Qualifications

Coaching

Physical Education (Masters Required)

Created/Revised by: Jordan, Jeffrey

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