

**College of Micronesia-FSM
PO Box 159
Pohnpei, FM 96941**

COURSE OUTLINE

Fundamentals of Basketball
Course Title

ESS102b Exercise Sport Science
Department & Number

Course Description:

This is a semester-long course designed to improve cardiovascular endurance, speed, agility and flexibility through the team sport of basketball, and to give students an appreciation of the role regular physical activity plays in the quality of life. Students will learn basic skills necessary to play basketball, including ball handling, dribbling, shooting, decision-making, passing, offense, defense and team work. Course topics also include evaluation of current fitness levels, and injury prevention specific to basketball.

Course Prepared by: Rachel Hollingsworth

State Pohnpei/National Campus

	Hours per week		No. of week	Total Hours	=	Semester Credits	
Lecture	_____	x	_____	x	=	_____	
Laboratory	<u> 3 </u>	x	<u> 16 </u>	=	<u> 48 </u>	=	<u> 1 </u>
Workshop	_____	x	_____	x	=	_____	

Purpose of Course:

Degree Requirement _____
Degree Elective x
Certificate _____
Other x

Prerequisite Courses: None.

Signature, Chairperson, Curriculum Committee

Date Approved by Committee

Signature, President, COM-FSM

Date Approved by President

I. Course Objectives

A. General/Program Outcomes

1. Students will participate regularly in physical activity.
2. Students will learn skills necessary to perform a variety of physical activities.
3. Students will determine baseline measures of personal fitness.
4. Students will be able to identify common injuries, treatment, and preventative measures.
5. Students will value physical activity and its contribution to a healthful lifestyle.

B. Student Learning Outcomes

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

1. [Core] Participate in basketball games and/or drills for 35 to 45 minutes.
2. [Core] Identify the principles of offense.
3. [Core] Define the term “offense”.
4. [Core] Demonstrate offensive footwork, including running, stopping, pivoting and changing direction.
5. [Core] Correctly perform basic ball handling.
6. [Core] Demonstrate correct dribbling.
7. [Core] Demonstrate correct shooting.
8. [Core] Participate in a motion offense.
9. [Core] Accurately use vision to make defensive decisions in a game-like situation.
10. [Core] Correctly perform defensive footwork.
11. [Core] Identify the principles of defense.
12. [Core] Define the term “defense”.
13. [Core] Identify the principles of team defense.
14. [Core] Define the term “team defense.”
15. [Core] Define the term “team offense”.
16. [Core] List and explain the five factors of physical fitness.
17. [Core] Participate in a help and recovery defense.
18. [Core] Participate in man-to-man defense.
19. [Core] Participate in “on the ball” defense.
20. [Core] Participate in a help and recovery defense on a defense rotation.
21. [Core] Run while looking past or beyond their balls
22. [Core] Participate in a motion offense against man to man defense.
23. [Core] Participate in a mini-tournament demonstrating the offense and defense as taught.
24. [Core] Have measured their cardiovascular endurance (via Rockport One-mile walk test).
25. [Core] have measured their resting heart rate.
26. [Core] have measured blood pressure.
27. [Core] have measured their jogging heart rate.
28. [Peripheral] have measured their body fat.
29. [Peripheral] have measured their foot size.
30. [Core] Identify their foot pronation and arch type and the appropriate shoe structure for their foot type in an oral question and answer format.
31. [Peripheral] Identify the symptoms of common basketball injuries, preventative measures, and basic treatment in an oral question and answer format.
32. [Core] Express how regular physical activity makes them feel (in a written, oral, or visual format).

II. Course Content

- I. Fitness Assessments
 - A. Five Factors of Physical Fitness
 - i. Cardiovascular
 - ii. Muscular Strength
 - iii. Muscular Endurance
 - iv. Flexibility
 - v. Body Composition
 - B. Skill Factors
 - i. Speed
 - ii. Agility
 - C. Pretests
 - i. Heart rate/blood pressure
 - ii. Sit and reach test
 - iii. Percent body fat
 - D. Selecting shoes for injury prevention
 - i. Arch support
 - ii. Avoid “gels”
 - iii. Sizing correctly
- II. Game Rules
 - A. Scoring
 - B. Traveling
 - C. Fouls
 - D. Ball handling drills
- III. Footwork/Offense
 - A. Concept of Offense
 - B. Basic Footwork
 - i. Running
 - ii. Cutting
 - iii. Pivoting
 - iv. Stopping
 - C. Ball skills
 - i. Dribbling
 - ii. Shooting
 - iii. Passing
- IV. Motion Offense
 - A. Pass and Cut
 - i. V-cut
 - ii. Square up
 - iii. Triple threat stance
 - B. Two-on-two game
 - C. Playing without the ball
 - D. Review
- V. Shooting
 - A. Footwork for shooting
 - B. Medium/Long-distance shots
 - C. Lay-ups
 - D. Review
- VI. Motion Offense
 - A. Without Screens
 - B. Two-on-two drills
 - C. Metabolic drills

- D. Review
- VII. Footwork/Defense
 - A. Concept of defense
 - B. Defensive footwork
 - C. Man-to-Man Defense
 - D. Metabolic drills
 - E. Review
- VIII. Team Defense
 - A. Team Communication
 - B. Defending the in-bounds pass
 - C. Guarding the Post
 - D. Metabolic drills
 - E. Defense Against Screens
- IX. Rebounding
 - A. Offensive vs. Defensive Rebounding
 - B. Blocking out
 - C. Review
- X. Team Defense
 - A. Help and Recover Defense
 - B. Defending against Fast Breaks
 - C. Weak-side help
 - D. Review
- XI. Game Strategy: Offense
 - A. Offensive drills
 - B. Safety/Injury prevention
 - C. Review
- XII. Game Strategy: Defense
 - A. Defensive drills
 - B. Review
- XIII. Game Strategy: Transition
 - A. After a basket
 - B. After a rebound
 - C. Drills
 - D. Review
- XIV. Basketball Tournament
 - A. Skill practice/assessment
 - B. Review previous concepts
- XV. Basketball Tournament
 - A. Skill practice/assessment
 - B. Review previous concepts
- XVI. Post-Assessments
 - A. Skill Assessment
 - B. Heart rate/blood pressure
 - C. Sit and reach test
 - D. Percent body fat

III. Textbooks

International Federation of Basketball (Oceania). *How to play Basketball Course: Presenters Manual*. Pohnpei, FSM Pohnpei Basketball Association & College of Micronesia 2003.

IV. Required Course Materials

Exercise towel, athletic shoes, bottled water, appropriate attire (loose-fitting, comfortable clothing that allows a full range of motion around all of the joints of the body), and a wire-bound notebook. Students who come to class without water will NOT be allowed to participate in activity.

V. Reference Materials

American College of Sports Medicine. "ACSM Position Stand on The Recommended Quantity and Quality of Exercise for Developing and Maintaining Cardiorespiratory and Muscular Fitness, and Flexibility in Adults." *Medicine and Science in Sports and Exercise* 30(6): 975-991, 1998.

Associated Press, The. "Arch support may prevent basketball injuries: Extra cushioning could stop bone cracks, study says." MSNBC News Online, 2004.
<http://msnbc.msn.com/id/4668100/>

International Federation of Basketball (Oceania). *How to play Basketball Course: presenters Manual*. Pohnpei, FSM Pohnpei Basketball Association & College of Micronesia 2003.

Marcus, Howard. *Basketball Basics: Drills, techniques, and Strategies for Coaches*. Lincolnwood, IL Contemporary Books 1991.

Sharkey, Brian J. *Fitness & Health: 5th Edition*. Champaign, IL: Human Kinetics 2001.
(STRONGLY RECOMMENDED)

Taylor, John. "A Tactical Metabolic Training Model for Collegiate Basketball." *Strength and Conditioning Journal* 26(5): 22-29, 2004.

American Society of Podiatric Sports Medicine. *Your Podiatric Physician Talks About Basketball & Your Feet*. 11/26/2002 <http://www.aapsm.org/basketball.html>

American College of Sports Medicine <http://www.acsm.org/index.asp>

Full Court Press: The Women's Basketball Journal <http://www.fullcourt.com/>

International Federation of Basketball (FIBA) <http://www.fiba.com>

VI. Instructional Cost

Gym or outdoor court of standard college basketball length and width with hoops at either end. One basketball per student enrolled. Cost: variable.

Omron-style wrist blood pressure monitor: \$120.00

Tanita-style body fat or composition monitor: \$50 to \$750

Polar-style heart monitor: \$50 to \$260

VII. Methods of Instruction

Demonstration, participation, lecture, individual assignments, group work. Assessment will be in the form of attendance/participation in class exercises, individual assignments, homework and quizzes given throughout the semester.

A	90 – 100%
B	80 – 89%
C	70 – 79%
D	60 – 69%
F	0 – 59%

VIII. Evaluation

No credit by evaluation. Course is participatory.

IX. Attendance Policy

The College attendance policy shall be applied.

X. Academic Honesty Policy

The College academic honesty policy shall be applied.

XI. Appendices

- A. Health History Form
 - i. All students must complete the Physical Activity Readiness Questionnaire - PAR-Q, from the Canadian Society for Exercise Physiology prior to participating in any physical activity
 - ii. Instructor may require students to provide a signed physician consent form as a pre-requisite to ESS102b.
 - iii. PAR-Q is available online and may be reproduced if used in its entirety
www.csep.ca/pdfs/par-q.pdf
- B. Release Form
 - i. All students must read and sign the following statement in order to participate in ESS102b:

As per College policy or as follows in the absence of such policy language:

I, _____, wish to participate in the following College of Micronesia-FSM course or program, ESS102b Fundamentals of Basketball, as a student. I understand that this class is a voluntary program and is not required for my graduation. I agree to abide by all safety rules and regulations in effect during this course or program.

Please check one of the following:

___ At the current time I am in good health, I am not aware of any diseases, illnesses, or physical conditions, and have not been advised by a doctor or other medical practitioner that I have any diseases, illnesses or physical conditions, that may affect my participation in or completion of the above-described program.

_____ I have the following medical conditions that may affect my ability to participate in or complete the above-described program.

I wish to participate in the above-described course or program at the College of Micronesia -FSM, and agree that the College of Micronesia-FSM, and their employees are not responsible for my participation in this program, or for any injuries that may occur during my participation in this program, or by the utilization of their equipment.

Further, the instructor of this course or program in the event that he or she believes, with or without medical evidence, that I may not participate in this course or program, or that I have physical limitations that may prevent me from participating in this course or program, has absolute discretion, and may terminate my continued participation in the course or program, at any time, with or without a valid reason. However, this discretion is not an obligation of the College of Micronesia-FSM, or its employees, nor a duty, and any failure to prevent participation on my behalf, or to limit the amount of activities involved in the course or program on my behalf, does not give rise to a renunciation of or exception to this knowing and voluntary waiver.

As I result, I agree, and voluntarily assume all responsibility for my own safety and well-being, while participating in the course or program, and agree to waive any claims for liability, injury, or other damages as a result of injury or death, against the College of Micronesia-FSM or their employees. I enter into this waiver knowingly and in advance of my participation in the course or program. By signing this waiver I will forever release any future claims against the College of Micronesia-FSM and their employees, arising out of any accident, injuries, death or other damages, on behalf of myself or my heirs or dependents, due to any accident, or other mishap, including acts of god, that may arise upon my participation in the course or program.

Dated: _____ Print Name

_____ Signature

C. Adapted Instruction

Students who are unable to (or who should not) perform specific exercises due to injury, pregnancy, or other condition(s), will be assigned alternate exercises and/or assignments by the instructor with no detriment to final grade/status in the course

Students who require a physician's consent to participate in physical activity (as identified on a PAR-Q questionnaire) at term start will be required to complete physical fitness examination by a medical doctor and receive physician's consent on the Physical Activity Readiness Medical Examination form - - PARmed-X – (from the Canadian Society for Exercise Physiology, available online at <http://www.csep.ca/pdfs/parmedx.pdf>) prior to commencing the course.

D. Typical Daily Structure

Two days per week

- 10 - 15 minutes travel to locker rooms, change into exercise clothes
- 5 – 10 minute warm up (some light cardiorespiratory exercise), with verbal instruction
- 65 – 75 minutes basketball drills/instruction/games
- 5 - 10 minutes of flexibility/relaxation exercises
- 10 – 15 minutes change out of exercise clothes/shower

Three days per week

- 10 - 15 minutes travel to locker rooms, change into exercise clothes
- 5 – 10 minute warm up (some light cardiorespiratory exercise), with verbal instruction
- 35 – 45 basketball drills/instruction/games
- 5 - 10 minutes of flexibility/relaxation exercises
- 10 – 15 minutes change out of exercise clothes/shower

E. Class enrollment limit

- i. **No more than 20 students**
- ii. Exceptions may be made by Division Chair of Exercise Sports Science

F. Conditions and definitions

- i. Core refers to an outcome that must be attained in order to pass the course.
- ii. Peripheral refers to an outcome that ought to be attained but non-attainment will not cause the student to fail the course.

G. Safety procedures

- i. CPR certification strongly recommended for instructors of this course
- ii. Students should be instructed on the first day of class and on their syllabi:
 - 1. STOP exercising if you experience any of the following symptoms:
 - a. Severe breathlessness
 - b. Nausea/dizziness
 - c. Extreme chest pain
 - d. Light headedness
 - e. Severe joint pain
 - 2. NOTIFY the instructor immediately. Do NOT isolate yourself by seeking privacy