Course Information

Division
Health & Physical Education

Course Number
HPE 101AC

Title
Beginning Basketball I

Credits
1

Developed by
Jim Bagnall

Lecture/Lab Ratio
0 Lecture/2 Lab

Transfer Status

<table>
<thead>
<tr>
<th>ASU</th>
<th>NAU</th>
<th>UA</th>
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<tbody>
<tr>
<td>KIN 105, EXW 105</td>
<td>PES 100</td>
<td>PE Departmental Elective, PE Activity Credit limit of three units</td>
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Activity Course
Yes

CIP Code
31.0501

Assessment Mode
Portfolio

Semester Taught
Fall and Spring

GE Category
AAS degree only

Separate Lab
No

Awareness Course
No

Intensive Writing Course
No

Prerequisites
None

Educational Value

Students interested in enhancing their basketball skills in order to more effectively compete at the college level of play; students with a personal/professional interest in basketball. Students interested in participating in and learning a lifetime physical fitness skill and activity.

Description

This course is designed to teach students the fundamentals of basketball, prepare them to participate in competition and understand the basic offensive and defensive strategies of the game.

Supplies

None
Competencies and Performance Standards

1. Explain the rules of basketball.
   **Learning objectives**
   What you will learn as you master the competency:
   a. Explain the rules of dribbling.
   b. Explain the rules and dimensions of the courts.
   c. Explain the rules of forming a team.
   **Performance Standards**
   You will demonstrate your competence:
   o by passing an exam governing the rules of basketball with an 80%
   Your performance will be successful when:
   o learner explains the rules of dribbling
   o learner explains the rules and dimensions of the courts
   o learner explains the rules of forming a team

2. Demonstrate the fundamentals of basketball.
   **Learning objectives**
   What you will learn as you master the competency:
   a. Demonstrate how to speed dribble the ball.
   b. Demonstrate how to dribble while defended.
   c. Demonstrate how to crossover dribble.
   **Performance Standards**
   You will demonstrate your competence:
   o upon completion of instructor's checklist of the fundamentals of basketball
   Your performance will be successful when:
   o learner demonstrates how to speed dribble the ball
   o learner demonstrates how to dribble while being defended
   o learner demonstrates how to crossover dribble

3. Discuss the strategies of basketball.
   **Learning objectives**
   What you will learn as you master the competency:
   a. Discuss the strategies of basic offense.
   b. Discuss the strategies of basic defense.
   c. Discuss the strategies of positions.
   **Performance Standards**
   You will demonstrate your competence:
   o by passing an oral exam governing the strategies of basketball with an 80%
   Your performance will be successful when:
   o learner discusses the basic strategies of offense
   o learner discusses the basic strategies of defense
learner discusses the strategies of positions

**Types of Instruction**
On-Campus Clinical

**Grading Information**

**Grading Rationale**
Skills Explanation Demonstration 40%
Tests 40%
Participation 10%
Portfolio 10%

**Grading Scale**
A  90% or above
B  80-89%
C  70-79%
D  60-69%
F  59% or below