

**Northern Marianas College**  
**CURRICULUM ACTION REQUEST**

**Effective Semester / Session:** Fall 2014

**Type of Action:**

- New
- Modification
- Move to Inactive (Stop Out)
- Cancellation

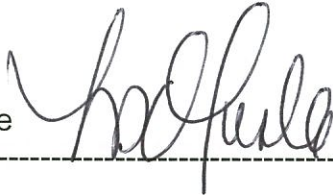
**Course Alpha and Number:** PE 228

**Course Title:** Basketball Level 1 Coaching

**Reason for initiating, revising, or canceling:**

This course guide is being modified/revised so to fulfill the required 3 year periodic update/review.

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Lisa A. Lunde



10/7/14

Proposer

Date

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Velma C. Deleon Guerrero

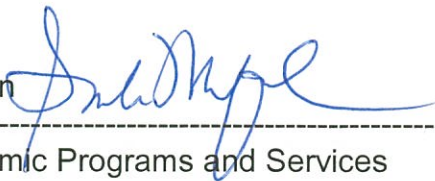


10/07/2014

Acting Department Chair

Date

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Barbra Merfalen



10.7.14

Dean of Academic Programs and Services

Date

# Northern Marianas College

## Course Guide

Course: PE 228 Basketball Level 1 Coaching

### 1. Department

Science, Mathematics, Health and Athletics

### 2. Purpose

This course is designed to provide an understanding of basic principles and concepts related to the sports of basketball. The main objective of this course is to improve the knowledge of coaches within the sport and therefore bring coaches to a higher standard in the CNMI as basketball becomes a very popular sport both abroad and the CNMI. People of all ages are playing the game either as a recreational activity or at a competitive level.

### 3. Description

#### A. Required/Recommended Textbook(s) and Related Materials

##### Required:

Morgan Wooten and Joe Wooten, Coaching Basketball Successfully, 3<sup>rd</sup> Edition, Human Kinetics, 2012

Keith Miniscalco and Greg Kot, Survival Guide for Coaching Youth Basketball: Only the Essential Drills, Practice Plans, Plays, and Coaching Tips! 1<sup>st</sup> Edition, Human Kinetics, 2008

FIBA Coaching library: <http://www.fiba.com/pages/eng/cl/index.asp>

Handouts on specific topics will also be distributed

Readability level: Grade 10

#### B. Contact Hours

1. **Lecture:** 3 hours per week/ 45 hours per semester
2. **Lab:**
3. **Other:**

#### C. Credits

1. **Number:** 2
2. **Type:** Regular degree credits

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## Course Guide

Course: PE 228 Basketball Level 1 Coaching

### **D. Catalogue Course Description**

This course is designed to provide an understanding of basic principles and concepts related to the sport of basketball. The course will introduce proper basic individual skills, team skills and strategies in regards to basketball and coaching. The main objective of this course is to improve the knowledge of coaches within the sport and therefore bring coaches to a higher standard in the CNMI as basketball becomes a very popular sport both abroad and the CNMI. People of all ages are playing the game either as a recreational activity or at a competitive level. (Offered Fall and Spring) English Placement Level: EN 093/094; Math Placement Level: NONE

### **E. Degree or Certificate Requirements Met by Course**

PE 228 is required for a degree in the Liberal Arts Health & PE emphasis degree. A passing grade of a "C" or higher in this course is needed.

### **F. Course Activities and Design**

The course will be conducted in the gym and on the basketball court. A TV and/or projector and DVD player is required. Activities will include instruction, demonstrations, and video on fundamental skills, games, strategies and rules governing basketball. Practical instruction will entail the demonstrations of individual skills and team skills in a variety of drills

### **4. Course Prerequisite(s); Concurrent Course Enrollment; Required English/Mathematics Placement Level(s)**

Prerequisites: None

Concurrent Course Enrollment: None

English Placement Level: EN 93/94 or permission by instructor.

Mathematics Placement Level: None

### **5. Estimated Cost of Course; Instructional Resources Needed**

Cost to the Student: Tuition for a 2-credit course, cost of textbooks and the student flat fee.

Cost to the College: Instructor's Salary

Instructional resources needed for this course include Television, Projector DVD player and dvd's, white board and markers, hand-outs, basketball equipment and materials (i.e. cones, basketball balls, nets etc.)

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### 6. Method of Evaluation

Students' grades will be based on the regular letter grade system as described below:

- A: Excellent – grade points: 4.0;
- B: Above average – grade points: 3.0;
- C: Average – grade points: 2.0;
- D: Below average – grade points: 1.0;
- F. Failure – grade points: 0.0.

NMC's grading and attendance policies will be followed.

### 7. Course Outline

This is a topical outline and does not necessarily indicate the sequence in which the material will be presented.

- 1.0 Module 1 – How to Play, Individual and Team Skills
- 2.0 Module 2 - Developing Team Offenses and Defenses
- 3.0 Module 3 - Player and Coach Development
- 4.0 Module 4 – Game Knowledge
- 5.0 Module 5 – Closing

### 8. Instructional Goals

This course will introduce students to:

- 1.0 Individual and Team play skills;
- 2.0 Team offenses and defenses;
- 3.0 Home Development Programs/Drills;
- 4.0 Coaching philosophy;
- 5.0 Practice Sessions;
- 6.0 Game Strategies;
- 7.0 Basketball Rules;
- 8.0 Referee Signals

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## 9. Student Learning Outcomes

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

- 1.0 Demonstrate Individual and Team Play Skills;
- 2.0 Demonstrate Team offenses and defenses;
- 3.0 Demonstrate Home Development Programs/Drills;
- 4.0 Identify Coaching philosophy;
- 5.0 Prepare Practice Sessions;
- 6.0 Describe Game Strategies;
- 7.0 Explain Basketball Rules;
- 8.0 Demonstrate Referee Signals.

## 10. Assessment Measures

Assessment of student learning may include, but not be limited to, the following:

- 1.0 Quizzes and Exams;
- 2.0 Class Labs and projects;
- 3.0 Classroom discussions, participation and attendance; and
- 4.0 Homework/Assignments.