

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

**Effective Semester / Session:** Spring 2012

**Type of Action:**

- New
- Modification
- Cancellation

**Course Alpha and Number:** PE 225

**Course Title:** Intermediate Basketball

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

This course guide is being modified to update the course guide in general so to meet the required 3 year update.

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Lisa A. Lunde



12/12/2011

Proposer

Date

Dr. Alfredo De Torres

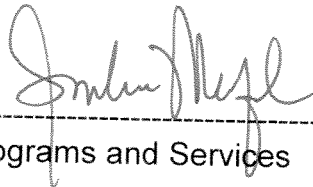


12/12/2011

Department Chair

Date

Barbara Merfalen



12-13-11

Dean of Academic Programs and Services

Date

# Northern Marianas College Course Guide

Course: PE 225 Intermediate Basketball

## 1. Department

Science, Mathematics, Health, and Athletics

## 2. Purpose

PE 225 is designed to better develop a students basketball skills. Emphasis will be on rules, improving individual skills, safety and sportsmanship involved in playing both competitively and recreationally.

## 3. Description

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

none

### B. Contact Hours

1. **Lecture:** 30 hours/semester (fitness)
2. **Lab:**
3. **Other:**

### C. Credits

1. **Number:** 1
2. **Type:** Regular Degree Credit

### D. Catalogue Course Description

This course is designed to give intermediate basketball students the opportunity to improve their basketball skills. Rules, strategies, and skill practicing in passing, dribbling, shooting, defending and teamwork are included. The student is introduced to basic offensive and defensive systems of play. The class participates in 3 on 3 and 5 on 5 tournaments. English Placement Level: (EN 073/074) (Offered Spring)

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

A passing grade in this class will fulfill the Physical Education requirement under the general education requirements for a Liberal Arts degree.

### F. Course Activities and Design

This course is an activity class and participation/practical application is key. Activities will include lectures and hand-outs on basketball skills, fundamentals and strategies and health related subjects, such as cardiovascular health, nutrition, stretching, proper warm-up and cool-

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down. Practical application will include the teaching of various basketball skills and students practicing these skills in different drills, lead-up games, and court type situations. Emphasis will be on improving on their basic skills.

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

Prerequisites: PE 125 or permission from the Instructor

Concurrent Course Enrollment: None

English Placement Level: EN 073/074

Mathematics Placement Level: None

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

Cost to the Student: Tuition for a 1 credit course and the student flat fee.

Cost to the College: \*\*Instructor's salary (2 credits), cost of basketballs  
\*\*1 credit for student, however 2 credits for instructor as instructor is physically "teaching" 2 hours per week (30 hours per semester) in addition to the other responsibilities that go along with teaching a course (office hours, preparation, etc.) and per teaching load it is 1 credit for every 15 hours taught.

Instructional resources needed for this course include: White board and white board markers, TV and VCR, videotaped programs, hand-outs, basketballs, and a basketball court.

#### 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.

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### 7. Course Outline

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

- 1.0. Class Orientation
  - 1.1 Stretching
  - 1.2 Warm-up
  - 1.3 Procedures
  - 1.4 Equipment.
- 2.0 Evaluation of Class Skill Level
- 3.0 Offensive Fundamentals - Individual
  - 3.1 Passing
    - 3.1.1 Two hands chest pass
    - 3.1.2 Two hands bounce pass
    - 3.1.3 Two hands overhead pass
    - 3.1.4 One hand baseball pass
    - 3.1.5 One hand side-arm pass
  - 3.2 Receiving
  - 3.3 Shooting
  - 3.4 Stopping, starting, change of direction
  - 3.5 Dribbling
  - 3.6 Related rules
- 4.0 Offensive Fundamentals - Team
  - 4.1 Spacing
  - 4.2 Movement
  - 4.3 2 and 3 person offensive possibilities
  - 4.4 5 on 5 offensive possibilities
  - 4.4 Screening
  - 4.5 Related rules
- 5.0 Defensive Fundamentals - Individual
  - 5.1 Stance
  - 5.2 Movement
  - 5.3 Defending player with ball
  - 5.4 Defending player without ball
  - 5.5 Rebounding
  - 5.6 Related rules
- 6.0 Cardiovascular Fitness – Individual

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## 8. Instructional Goals

This course will introduce students to:

- 1.0 Rules of basketball;
- 2.0 The skills of passing, dribbling, shooting, rebounding, defending;
- 3.0 Cardiovascular fitness;
- 4.0 Kinesiological principles necessary to obtain and maintain basketball skills (passing, dribbling, shooting, rebounding, defending skills);
- 5.0 Being a member of a team;
- 6.0 Strategies for offensive and defensive basketball; and
- 7.0 Evaluating an opponent's strengths and weaknesses and devising counter strategies.

## 9. Student Learning Outcomes

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

- 1.0 Explain the rules of basketball;
- 2.0 Describe and demonstrate advanced techniques of passing, dribbling, shooting, rebounding, and defending;
- 3.0 Acquire and/or improve cardiovascular fitness through participation;
- 4.0 Apply the correct kinesiological principles necessary to obtain and maintain basketball skills (passing, dribbling, shooting, rebounding, defending skills);
- 5.0 Participate being a member of a team;
- 6.0 Demonstrate offensive and defensive basketball skills; and
- 7.0 Identify an opponent's strengths and weaknesses and devise counter strategies.

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## 10. Assessment Measures

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

- 1.0 Various Individual Skills Tests (Dribbling, Passing, Shooting etc.)
- 2.0 Pre and post testing of Cardiovascular Fitness
- 3.0 Participation in team tournaments
- 4.0 Quizzes and Exams