Bemidji State University

PHED 1764: Skills for Life: Basketball

A. COURSE DESCRIPTION

Credits: 1
Lecture Hours/Week: *.*
Lab Hours/Week: *.*
OJT Hours/Week: *.*
Prerequisites: None
Corequisites: None
MnTC Goals: None

An activity course that examines and applies the fundamentals and skills of basketball. History and rules of the game, safety, drills, entry level strategies, conditioning, individual and group instruction and practice will be included. [BSU Focus: Performance and Participation]

B. COURSE EFFECTIVE DATES: 08/22/1997 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. Shooting Form/Free throws Circle Shoot
2. Ball-handling drills/Passing: Transition drills
3. Shooting lay-ups/Jump shots
4. Screens on the ball and off the ball
5. Defense stance, positioning
6. Tournaments and Cut-Throat
7. Knockout, Dribble War
8. MoneyBall
9. King/Queen of Court
10. Controlled Games: ZONE OFFENSE V ZONE DEFENSE
11. Shooting Team Games

D. LEARNING OUTCOMES (General)

1. understand basic history, rules, and strategies of the game of basketball
2. participate in activities that improve overall fitness level and basketball skills
3. demonstrate an understanding of offensive strategies used in basketball
4. demonstrate proper offensive skills, defensive skills, and transition skills
5. demonstrate safe behavior in the skill target setting and the elements of effective skill execution.
6. demonstrate knowledge and experience the benefits of course's "Skill for Life" as a lifetime skill/physical activity.
7. use their newly acquired knowledge to work collaboratively with an assigned class partner and/or to give quality of performance feedback.

E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None
F. LEARNER OUTCOMES ASSESSMENT
   As noted on course syllabus

G. SPECIAL INFORMATION
   None noted