

ICA R190A: INTERCOLLEGIATE BASKETBALL-WOMEN/FALL

Originator

jcrawford1

College

Oxnard College

Discipline (CB01A)

ICA - Intercollegiate Athletics

Course Number (CB01B)

R190A

Course Title (CB02)

Intercollegiate Basketball-Women/Fall

Banner/Short Title

Inter/Basketball-Women/Fall

Credit Type

Credit

Start Term

Fall 2021

Catalog Course Description

This course provides student athletes with the opportunity to develop advanced skills and the strategies in intercollegiate women's basketball which will be applied to competitive situations. Student athletes engaged in intercollegiate women's basketball should expect to compete against other institutions, travel, and put in additional hours beyond the normal activity load. Limitations: Must have permission by instructor for enrollment. Course may be taken four times. Course is offered Pass/No Pass (P/NP) at student's option.

Taxonomy of Programs (TOP) Code (CB03)

0835.50 - Intercollegiate Athletics

Course Credit Status (CB04)

D (Credit - Degree Applicable)

Course Transfer Status (CB05) (select one only)

A (Transferable to both UC and CSU)

Course Basic Skills Status (CB08)

N - The Course is Not a Basic Skills Course

SAM Priority Code (CB09)

E - Non-Occupational

Course Cooperative Work Experience Education Status (CB10)

N - Is Not Part of a Cooperative Work Experience Education Program

Course Classification Status (CB11)

Y - Credit Course

Educational Assistance Class Instruction (Approved Special Class) (CB13)

N - The Course is Not an Approved Special Class

Course Prior to Transfer Level (CB21)

Y - Not Applicable

Course Noncredit Category (CB22)

Y - Credit Course

Funding Agency Category (CB23)

Y - Not Applicable (Funding Not Used)

Course Program Status (CB24)

1 - Program Applicable

General Education Status (CB25)

Y - Not Applicable

Support Course Status (CB26)

N - Course is not a support course

Field trips

Will be required

Grading method

Letter Graded

Alternate grading methods

Student Option- Letter/Pass

Pass/No Pass Grading

Does this course require an instructional materials fee?

No

Repeatable for Credit

Yes

Number of times a student may enroll in this course

4

Maximum units a student may earn in this course

3

Specify the Title 5 justification for repeatability

Intercollegiate athletics

Justification for Repeatability

Intercollegiate athletics

Is this course part of a family?

No

Units and Hours

Carnegie Unit Override

No

In-Class

Lecture

Activity

Laboratory

Minimum Contact/In-Class Laboratory Hours

175

Maximum Contact/In-Class Laboratory Hours

175

Total in-Class**Total in-Class****Total Minimum Contact/In-Class Hours**

175

Total Maximum Contact/In-Class Hours

175

Outside-of-Class**Internship/Cooperative Work Experience**

Paid

Unpaid

Total Outside-of-Class**Total Outside-of-Class****Total Student Learning****Total Student Learning****Total Minimum Student Learning Hours**

175

Total Maximum Student Learning Hours

175

Minimum Units (CB07)

3

Maximum Units (CB06)

3

Student Learning Outcomes (CSLOs)**Upon satisfactory completion of the course, students will be able to:**

- | | |
|---|--|
| 1 | Students will promote the team through extracurricular campus involvement and/or fundraising |
| 2 | Students will complete 12 units and earn a 2.0 GPA or greater |
| 3 | Students will employ the different techniques, strategies and goal setting necessary for success in practice and competition |
| 4 | Students will demonstrate advanced ability with the assigned basketball role |

Course Objectives**Upon satisfactory completion of the course, students will be able to:**

- | | |
|---|---|
| 1 | Know and discuss the history, lore, language, rules, and application of the game. |
| 2 | Improve in basic fundamentals of the game, i.e., passing, dribbling, ball handling, shooting (foul, floor/rebounding, screening, transitions, and guarding). |
| 3 | Explain the philosophies and improve the skills and strategies of individual and team offense, i.e., protecting the ball, passing under pressure, shooting jumps, fast breaks, offensive patterns, inbound plays, and situation strategies. |
| 4 | Describe the philosophies and improve the skills and strategies of individual and team defense, i.e., defensive positions, anticipation, stealing the ball, connecting passes, man-to-man defenses, zone defense, full court presses, and situation strategies. |
| 5 | Improve personal physical conditioning program. |
| 6 | Discuss and participate in the mental preparation program for individual and team peak performance, i.e., relaxation, visualization, mental rehearsal, motivation program, and cohesion strategies. |

- 7 Articulate the methods of building a program for school and community.
- 8 Duplicate footwork taught during practice sessions.
- 9 Illustrate the ability to pass, shoot, and dribble the ball.
- 10 Demonstrate defensive drills taught during practices sessions.
- 11 Demonstrate offensive practiced during training sessions.
- 12 Practice and apply knowledge of safety rules, and strategy in practice and competitive situations.

Course Content

Lecture/Course Content

See Lab Content

Laboratory or Activity Content

1. Basic skills and fundamentals of the game
 - a. Passing, dribbling, ball handling, shooting (floor and foul), rebounding, screening, and transitions, guarding, and blocking
2. Philosophies, skills, and strategies of individual and team offenses
 - a. History, lore, language, and rules of the game
 - b. Individual skills
 - i. Protecting the ball, dribbling, passing under pressure, shooting under pressure, and rebounding
 - c. Team offense strategy
 - i. Fast break, control pattern, zone offense, inbound plays and situation strategies
3. Philosophies, skills, and strategies of individual and team defenses
 - a. Individual defensive skills
 - i. Defensive positioning, blocking, stealing the ball, preventing fouling anticipation
 - b. Team defensive strategies
 - i. Man-to-man defense, zone defense, full court press, and situation strategies
4. Physical and mental conditioning program for the team
 - a. Physical conditioning program
 - i. Aerobic conditioning, jogging, sprints, job, dribble, weight lifting, stretching, basketball drills and scrimmages
 - b. Mental conditioning program
 - i. Individual and team goal setting, focus, concentration, motivation, and relaxation philosophy
 - ii. Shared leadership, team cohesion, and peak performance techniques

Methods of Evaluation

Which of these methods will students use to demonstrate proficiency in the subject matter of this course? (Check all that apply):

Skills demonstrations

Methods of Evaluation may include, but are not limited to, the following typical classroom assessment techniques/required assignments (check as many as are deemed appropriate):

Journals

Laboratory activities

Other (specify)

Performances

Skills demonstrations

Skill tests

Other

Students will employ the different techniques, strategies and goal setting necessary for success in competition

Instructional Methodology

Specify the methods of instruction that may be employed in this course

Class discussions

Distance Education

Demonstrations

Field trips

Lecture

Describe specific examples of the methods the instructor will use:

- A. Physical demonstration of skill or drill by the instructor
- B. Students and the instructor will participate physically throughout the class period
- C. Students will utilize training equipment balls, baskets, shooting machines, in order to physically apply the skills being taught
- D. Students will pair up in order to assist one another with the conditioning drill performed during class
- E. Film and video analysis will be used

Representative Course Assignments**Writing Assignments**

1. Journaling-athletes will track training techniques, results, and nutritional information

Reading Assignments

1. Textbook and handouts
2. Basketball current events and news

Skills Demonstrations

1. Passing, dribbling, ball handling, shooting (floor and foul), rebounding, screening and transitions, guarding, and blocking

Other assignments (if applicable)

1. Viewing game and scrimmage films (evaluate)
2. Daily practice of basketball skills (individual and team)
3. Team meetings to discuss strategies of game plans
4. Problem solving, performance: run a mile in seven minutes or less
5. Problem solving, performance: demonstrate the shooting skills fo the free-throw (foul shot). The goal is 7 out of 10

Outside Assignments**Articulation****Comparable Courses within the VCCCD**

- ICA M20A - Intercollegiate Basketball-Women/Fall
ICA V04 - Intercollegiate Basketball: Women

District General Education

A. Natural Sciences

B. Social and Behavioral Sciences

C. Humanities

D. Language and Rationality

E. Health and Physical Education/Kinesiology

F. Ethnic Studies/Gender Studies

CSU GE-Breadth

Area A: English Language Communication and Critical Thinking

Area B: Scientific Inquiry and Quantitative Reasoning

Area C: Arts and Humanities

Area D: Social Sciences

Area E: Lifelong Learning and Self-Development

CSU Graduation Requirement in U.S. History, Constitution and American Ideals:

IGETC

Area 1: English Communication

Area 2A: Mathematical Concepts & Quantitative Reasoning

Area 3: Arts and Humanities

Area 4: Social and Behavioral Sciences

Area 5: Physical and Biological Sciences

Area 6: Languages Other than English (LOTE)

Textbooks and Lab Manuals

Resource Type

Other Resource Type

Description

Video analysis.

Resource Type

Other Resource Type

Description

Handouts by instructor.

Resource Type

Textbook

Classic Textbook

Yes

Description

Goodson, Ryan. *Basketball Essentials* (2016). Human Kinetics.

Distance Education Addendum**Definitions****Distance Education Modalities**

Hybrid (51%–99% online)
Hybrid (1%–50% online)
100% online

Faculty Certifications

Faculty assigned to teach Hybrid or Fully Online sections of this course will receive training in how to satisfy the Federal and state regulations governing regular effective/substantive contact for distance education. The training will include common elements in the district-supported learning management system (LMS), online teaching methods, regular effective/substantive contact, and best practices.

Yes

Faculty assigned to teach Hybrid or Fully Online sections of this course will meet with the EAC Alternate Media Specialist to ensure that the course content meets the required Federal and state accessibility standards for access by students with disabilities. Common areas for discussion include accessibility of PDF files, images, captioning of videos, Power Point presentations, math and scientific notation, and ensuring the use of style mark-up in Word documents.

Yes

Regular Effective/Substantive Contact**Hybrid (1%–50% online) Modality:**

Method of Instruction	Document typical activities or assignments for each method of instruction
Asynchronous Dialog (e.g., discussion board)	The coaching staff and students will share ideas to improve as individuals and as a team.
Face to Face (by student request; cannot be required)	Instructor-led physical rehearsal of skills and strategy throughout the class period. Emphasis of team cohesion and advanced basketball cognition.

Hybrid (51%–99% online) Modality:

Method of Instruction	Document typical activities or assignments for each method of instruction
Asynchronous Dialog (e.g., discussion board)	The coaching staff and students will share ideas to improve as individuals and as a team.
Face to Face (by student request; cannot be required)	Instructor-led physical rehearsal of skills and strategy throughout the class period. Emphasis of team cohesion and advanced basketball cognition.
Video Conferencing	Video analysis of practice and competition will allow students to correct errors and mimic improvements. Video will also be used to promote student transfer and scholarship.

100% online Modality:

Method of Instruction	Document typical activities or assignments for each method of instruction
Asynchronous Dialog (e.g., discussion board)	The coaching staff and students will share ideas to improve as individuals and as a team.
Synchronous Dialog (e.g., online chat)	Text and video will be used to guide students through drills to improve particular basketball skills.

Video Conferencing

Video analysis of practice and competition will allow students to correct errors and mimic improvements. Video will also be used to promote student transfer and scholarship.

Other DE (e.g., recorded lectures)

Instructor-led videos of physical rehearsal of skills and strategy

Examinations

Hybrid (1%–50% online) Modality

On campus

Hybrid (51%–99% online) Modality

On campus

Primary Minimum Qualification

COACHING

Review and Approval Dates

Department Chair

08/07/2020

Dean

08/07/2020

Technical Review

8/26/2020

Curriculum Committee

8/26/2020

DTRW-I

MM/DD/YYYY

Curriculum Committee

10/28/2020

Board

MM/DD/YYYY

CCCCO

MM/DD/YYYY

Control Number

CCC000323591

DOE/accreditation approval date

MM/DD/YYYY