

# ICA R190B: INTERCOLLEGIATE BASKETBALL-WOMEN/SPRING

**Originator**

jcrawford1

**College**

Oxnard College

**Discipline (CB01A)**

ICA - Intercollegiate Athletics

**Course Number (CB01B)**

R190B

**Course Title (CB02)**

Intercollegiate Basketball-Women/Spring

**Banner/Short Title**

Inter/Basketball-Women/Spring

**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**

2

**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**

105

**Maximum Contact/In-Class Laboratory Hours**

105

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

105

**Total Maximum Contact/In-Class Hours**

105

**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**

105

**Total Maximum Student Learning Hours**

105

**Minimum Units (CB07)**

2

**Maximum Units (CB06)**

2

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

- |   |  |
|---|--|
| 1 | Demonstrate skills, techniques and strategies at an intercollegiate level  |
| 2 | Execute the game plan for each contest, which will then support the game and season goals                                    |
| 3 | Demonstrate knowledge of intercollegiate basketball rules and decorum  |
| 4 | Students will promote the team through extracurricular campus involvement and/or fundraising                                 |
| 5 | Students will complete 12 units and earn a 2.0 GPA or greater  |
| 6 | Students will demonstrate advanced ability with the assigned basketball team role  |
| 7 | Students will employ the different techniques, strategies and goal setting necessary for success in practice and competition |

**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 | Explain 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 the ball
- 10 Illustrate proficiency in shooting and dribbling the ball.
- 11 Demonstrate defensive drills taught during practices sessions
- 12 Demonstrate offensive practiced during training sessions
- 13 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 team offenses
  - a. Individual skills
    - i. Protecting the ball, dribbling, passing under pressure, shooting under pressure, and rebounding
  - b. 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 deensive 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

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  
Role-playing

**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. 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 of the free-throw (foul shot). The goal is 7 out of 10.

## **Outside Assignments**

### **Articulation**

#### **Comparable Courses within the VCCCD**

ICA M20B - Intercollegiate Basketball-Women/Spring

**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 Instructional Materials

**Description**

Handouts by instructor.

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**Resource Type**

Other Instructional Materials

**Description**

Video analysis.

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## 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

CCC000532852

### DOE/accreditation approval date

MM/DD/YYYY