

J. Sargeant Reynolds Community College
Course Content Summary

Course Prefix and Number: PED 152

Credits: 2

Course Title: Basketball

Course Description: Introduces basketball skills, techniques, rules, and strategies. Lecture 1 hour. Laboratory 2 hours.

General Course Purpose: This course is designed to provide instruction and practice in the game of basketball with the goal being the development of skills for, and attitude commensurate with, participation in a lifetime, health- and fitness-promoting recreational sport.

Course Prerequisites and Co-requisites:
No prerequisites are required for this course.

Course Objectives:

Upon completing the course, the student will be able to:

- a. Demonstrate the fundamental basketball skills of dribbling, passing, shooting, rebounding, boxing out, and defensive play as evidenced by passing a skills test;
- b. List the rules and positions of the game of basketball;
- c. Demonstrate keeping score accurately;
- d. Demonstrate proper basketball etiquette when playing (etiquette includes general good manners and sportsmanship while precluding any foul language, complaining, and equipment abuse);
- e. Demonstrate basic offensive and defensive strategies;
- f. Demonstrate an understanding of the major fundamental aspects of the game of basketball as evidenced by passing a written test; and
- g. Develop and/or identify personal wellness/exercise goals using the SMART planning guide and focused on the improvement of basketball skills.

Major Topics to Be Included:

- a. Fitness benefits of basketball and conditioning
- b. Warm-up exercises and flexibility
- c. Proper equipment selection
- d. Rules, scoring, and positions
- e. Skill development (dribbling, passing, shooting, rebounding, boxing out, and defensive play)
- f. Strategies (offensive and defensive)
- g. Drills and practice time
- h. Game situations and scrimmage play

Effective Date of Course Content Summary: September 2015