Modesto Junior College  
Course Outline of Record  
PE 101

I. **OVERVIEW**  
The following information will appear in the 2009 - 2010 catalog

PE 101  
**Basketball Theory**  
1 Unit  
*Basketball rules, mastery of position and team play. Development of strategies and philosophy.*

Field trips are not required. **Units/Hours:** 1.00 Units: Lecture - 9.00 hours  
Lab - 27.00 hours  
**Grading:** A-F Only  
**Transfer:** CSU, UC

II. **LEARNING CONTEXT**  
Given the following learning context, the student who satisfactorily completes this course should be able to achieve the goals specified in Section III, Desired Learning:

A. **COURSE CONTENT**

1. **Required Content:**

   a. Theory
      i. Offense
      ii. Defense

   b. Rules
      i. Offense
      ii. Defense

   c. Philosophy
      i. Offense
      ii. Defense

   d. Strategies
      i. Offense
      ii. Defense

   e. Scouting reports
      i. Offense
      ii. Defense

   f. Game film review
      i. Offense
ii. Defense

2. **Required Lab Content:**

   a. Skills
      i. Offensive
      ii. Defensive

   b. Physical Training
      i. Strength
      ii. Speed
      iii. Endurance
      iv. Flexibility

B. **HOURS AND UNITS**

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C. **METHODS OF INSTRUCTION (TYPICAL)**

Instructors of the course might conduct the course using the following method:

1. Instructor demonstration
2. Review game films and videos
3. In class preparation of scouting reports of games
4. Group interaction within class among students/instructor
5. Lecture/Discussion

D. **ASSIGNMENTS (TYPICAL)**

1. **EVIDENCE OF APPROPRIATE WORKLOAD FOR COURSE UNITS**

   *Time spent on coursework in addition to hours of instruction (lecture hours)*

   1. Develop a practice plan per term.
   2. Develop a visualization script for confidence enhancement per term.
   3. Diagram an offensive basketball play monthly.
   4. Evaluate game film weekly.
   5. Develop a scouting report per term.
6. Develop a coaching philosophy per term.

2. **EVIDENCE OF CRITICAL THINKING**  
   *Assignments require the appropriate level of critical thinking*

1. Write a practice plan as if you were the coach of a basketball team. Make your plan for a 1 1/2 hour practice.

2. Write a visualization script for confidence enhancement. Use as many of the five senses as possible. Use the words "I" and "me" a lot. Be specific and positive. For example: "I enter the gymnasium for warm-ups before our basketball game. I see the baskets that I have made hundreds of shots before in practice. I hear our fans cheering for us. I feel the chills on my arm because this is a big game. I am ready for this game because we have practiced hard and our coach has been telling us we are ready. I take my first shot and swish, it is good."

3. Diagram offensive basketball plays in several steps drawing the various options. Also, include written descriptions to go with the diagrams.

4. Evaluate game film by utilizing broad vision to see all of the action on the screen as opposed to just watching the ball.

5. Develop a scouting report that includes a defense analysis, an offense analysis, and an analysis of the opponent's personnel including their individual and team strengths and weaknesses.

6. Develop a coaching philosophy by compiling a list of what is important for a basketball team to be successful including such aspects as strategy, attitude, sportsmanship, work ethic, and team cohesion.

E. **TEXTS AND OTHER READINGS (TYPICAL)**

1. Other: No text required

III. **DESIRED LEARNING**

A. **COURSE GOAL**  
   *As a result of satisfactory completion of this course, the student should be prepared to:*

   develop a game philosophy and strategy for success in basketball.

B. **STUDENT LEARNING GOALS**  
   *Mastery of the following learning goals will enable the student to achieve the overall course goal.*

   1. **Required Learning Goals**  
      *Upon satisfactory completion of this course, the student will be able to:*

      a. identify and explain the rules of basketball.

      b. design and implement a strategic game plan to prepare for competition.

      c. develop a coaching philosophy.

      d. develop a scouting report.

   2. **Lab Learning Goals**  
      *Upon satisfactory completion of the lab portion of this course, the student will be able to:*

      a. develop a training program to improve strength, flexibility, and endurance.
b. identify and perform the skills necessary to succeed in women's collegiate basketball.

IV. METHODS OF ASSESSMENT (TYPICAL)

A. FORMATIVE ASSESSMENT
   1. Review of individual philosophies
   2. Preparation of game plan for review
   3. Offense, defense, and rules tests
   4. Preparation of scouting reports

B. SUMMATIVE ASSESSMENT
   1. Review of individual philosophies
   2. Preparation of game plan for review
   3. Offense, defense, and rules tests
   4. Review of scouting reports
   5. Prepared demonstration of skills