

Northern Marianas College
CURRICULUM ACTION REQUEST

Effective Semester / Session: Spring 2012

Type of Action:

- New
- Modification
- Move to Inactive (Stop Out)
- Cancellation

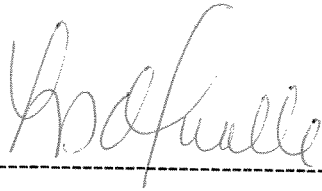
Course Alpha and Number: PE 125

Course Title: Beginning Basketball

Reason for initiating, revising, or canceling:

This course guide is being modified/revised to fulfill the required 3 year periodic update/review.

Lisa A. Lunde

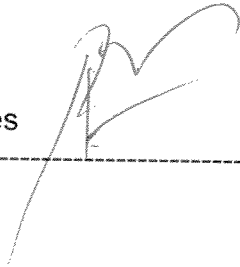


8/14/12

Proposer

Date

Dr. Alfredo De Torres

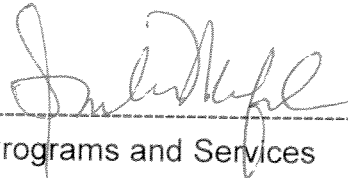


8/14/12

Department Chair

Date

Barbara Merfalen



8.14.12

Dean of Academic Programs and Services

Date

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Course Guide

Course: PE 125 Beginning Basketball

1. **Department**
Sciences, Mathematics, Health and Athletics
2. **Purpose**
PE 125 provides a class where students can learn the basic skills of basketball. Emphasis will be on the fundamental skills.
3. **Description**
 - A. **Required/Recommended Textbook(s) and Related Materials**
None
 - B. **Contact Hours**
 1. **Lecture:** 2 hours per week / 30 hours per semester (fitness)
 2. **Lab:**
 3. **Other:**
 - C. **Credits**
 1. **Number:** 1
 2. **Type:** Regular degree credit
 - D. **Catalogue Course Description**

This course introduces students to the rules and strategies of basketball, including fundamental skills through drills and competition. Testing covers the rules and the various skills taught. Students participate in a free-throw contest and in 3-on-3 half-court and 5-on-5 full-court tournaments. Prerequisite: None. English Placement Level: EN 073/074 or instructor approval. (Offered Fall)
 - E. **Degree or Certificate Requirements Met by Course**

A passing grade in this class will fulfill the Physical Education requirement under the general education requirements for a Liberal Arts degree.
 - F. **Course Activities and Design**

There will be both classroom and lab activities. Classroom activities will include lectures and video taped programs on basketball skills, fundamentals and strategies and health related subjects, such as cardiovascular health, nutrition, stretching, proper warm-up and cool-down. Labs will include the teaching of various basketball skills and students practicing these skills in different drills, lead-up games and court type situations. Emphasis will be on the learning of basic skills.

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4. Course Prerequisite(s); Concurrent Course Enrollment; Required English/Mathematics Placement Level(s)

Prerequisite(s): None

Concurrent Course Enrollment: None

English Placement Level: EN 073/074 or instructor approval

Mathematics Placement Level: None

5. Estimated Cost of Course; Instructional Resources Needed

Cost to the Student: Tuition for a 1-credit course and any applicable fees.

Cost to the College: Instructor's salary (2 credits) and cost of basketballs.

**1 credit for student, however 2 credits for instructor as instructor is physically "teaching" 2 hours per week (30 hours per semester) in addition to the other responsibilities that go along with teaching a course (office hours, preparation, etc.) and per teaching load it is 1 credit for every 15 hours taught.

Instructional resources needed for this course include: White board and white board markers, TV and VCR/DVD player, videotaped/DVD programs, hand-outs, basketballs, and a basketball court.

6. Method of Evaluation

Student grades will be based on the regular letter grade system as described below:

A: Excellent – grade points: 4.0;

B: Above average – grade points: 3.0;

C: Average – grade points: 2.0;

D: Below average – grade points: 1.0;

F. Failure – grade points: 0.0.

NMC's grading and attendance policies will be followed.

7. Course Outline

This is a topical outline and does not necessarily indicate the sequence in which the material will be presented.

1.0 Class Orientation

1.1 Stretching

1.2 Warm-up

1.3 Procedures

1.4 Equipment

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2.0 Evaluation of Class Skill Level

3.0 Offensive Fundamentals - Individual

3.1 Passing

- 3.1.1 Two hands chest pass
- 3.1.2 Two hands bounce pass
- 3.1.3 Two hands overhead pass
- 3.1.4 One hand baseball pass
- 3.1.5 One hand side-arm pass

3.2 Receiving

3.3 Shooting

3.4 Stopping, starting, change of direction

3.5 Dribbling

3.6 Related rules

4.0 Offensive Fundamentals - Team

4.1 Spacing

4.2 Movement

4.3 2 and 3 person offensive possibilities

4.4 5 on 5 offensive possibilities

4.5 Screening

4.6 Related rules

5.0 Defensive Fundamentals - Individual

5.1 Stance

5.2 Movement

5.3 Defending player with ball

5.4 Defending player without ball

5.5 Rebounding

5.6 Related rules

6.0 Cardiovascular Fitness - Individual

8. Instructional Goals

This course will introduce students to:

1.0 Rules of basketball;

2.0 The skills of passing, dribbling, shooting, rebounding, defending;

3.0 Cardiovascular fitness;

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4.0 Kinesiological principles necessary to obtain and maintain basketball skills (passing, dribbling, shooting, rebounding, defending skills);

5.0 Being a member of a team; and

6.0 Basic strategies for offensive and defensive basketball.

9. Student Learning Outcomes

Upon successful completion of this course, students will be able to:

1.0 Explain the rules of basketball;

2.0 Demonstrate the basic skills of the passing, dribbling, shooting, rebounding, and defending;

3.0 Demonstrate improved cardiovascular fitness;

4.0 Apply the correct kinesiological principles necessary to obtain and maintain basketball skills (passing, dribbling, shooting, rebounding, defending skills);

5.0 Participate being a member of a team; and

6.0 Demonstrate basic strategies for offensive and defensive basketball.

10. Assessment Measures

Assessment of student learning may include, but not be limited to, the following:

1.0 Various individual skills tests (dribbling, passing, shooting etc.);

2.0 Pre and post testing of cardiovascular fitness;

3.0 Participation in team tournaments; and

4.0 Quizzes and exams.