

I. COURSE INFORMATION

- A. Health and Physical Education 231 Fundamentals of Basketball
- B. 3 credit hours
- C. No textbook required
- D. Prerequisites: None

II. COURSE DESCRIPTION

This course familiarizes the student with the fundamentals and philosophy of basketball and tries to bring into focus all aspects of offense, defense, and special situations of the game.

III. LEARNING OUTCOMES

- A. Demonstrate a knowledge of the four components of basketball: technical, tactical, psychological, physical
- B. Demonstrate a knowledge of the rules and regulations of basketball
- C. Demonstrate an ability to run a practice session
- D. Explain a personal philosophy of coaching basketball

IV. MAJOR CONTENT AREAS

- A. Proper footwork necessary for basketball
- B. Development of fundamental basketball skills: offensive and defensive skills
- C. Understand how to set screens and how to use a screen properly

V. ASSIGNMENTS (may include but are not limited to)

- A. Participation in daily drills/skills development
- B. Assignments

VI. EVALUATION METHODS (may include but are not limited to)

- A. Attendance
- B. Participation
- C. Proficiency