

I. COURSE INFORMATION

- A. Health and Physical Education 241 Theory and Practice of Coaching Basketball
- B. 3 credit hours
- C. Wooden, John R. *Practical Modern Basketball*. 3rd ed. Benjamin Cummings, 1998
- D. Prerequisites: None

II. COURSE DESCRIPTION

This course is designed to meet departmental standards for certification requirements. The course provides insight on the scientific approach to coaching basketball to all students.

III. LEARNING OUTCOMES

- A. Recognize, identify, and describe the individual fundamental components of skill development (footwork, balance, movement, ball handling, passing, shooting)
- B. Identify the characteristics of a complete offensive and defensive player
- C. Critically analyze, observe, and reflect on various training methods and the effects they have on the overall development of the individual and team
- D. Recognize and respect student differences as they relate to prescribing training programs based on individual abilities and needs
- E. Correctly employ systematic observation to accurately describe the use of a variety of teaching skills
- F. Describe and analyze weight training exercises and techniques as they relate to sport specific and phase training methodologies

IV. MAJOR CONTENT AREAS

- A. Proper footwork necessary for basketball game play
- B. Development of common basketball terminology
- C. Develop an understanding of basic offense
- D. Develop an understanding of basic defense

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

- A. Discussions
- B. Development of offensive plays with justifications
- C. Video critique of basketball plays

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

- A. Attendance and participation
- B. Assignments
- C. Quizzes and exams