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