

California State University Northridge
Department of Kinesiology

Course Number and Title: KIN 124A Tuesday 7:00-8:50/

Instructor: Ruben Avila
Office: KN 110
Office Hours: T 600- 6:50pm/1:30-2:30
Email: ruben.avila@csun.edu

Course Description

Course Objective:

By the end of the Semester the students will be able to

1. Demonstrate the fundamental skills and techniques of Basketball (Dribbling, passing, shooting, rebounding as well as spatial concepts.)
2. Perform the fundamental skill and technique of basketball within a competitive situation 1-on -1, 2-on-2, and 5-on-5 games).
3. Demonstrate team play, sportsmanship, and appreciation of the games of basketball.

Course Outline:

1. Basic Basketball skills: Body position, footwork, (triple threat position), Pivots (front and back foot), dribbling, passing, shooting, and rebounding.
2. Offensive skills: 1 on 1, 2 on 2, 3 on 3, and, 5 on 5 fast break, and zone offense.
3. Defensive Skills: Stance, slide, 1 on 1, 2 on 2, 3 on 3, 5 on 5, pressure and deny defense.

Evaluation:

The student will be evaluated on the following criteria;

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| 1. Attendance | 300 pts. |
| 2. Assignments | 20 pts. |
| 3. Performance mid term | 50 pts. |
| 4. Final | 90 pts. |

Absences:

Absent policy is as follows:

0-2	=	A
3	=	B
4	=	C
5	=	D
6	=	F

Any absence can be made up by attending a CSUN's Men's or Women's Basketball game and writing a brief one page typed double spaced report about the game with ticket included.

Daily Agenda

- I. Warm-ups
 - A. Warm-up Laps
 - B. Flexibility
 - C. Lay-up lines
- II. Practice New Skills or Drills
- III. Game Time
- IV. Cool Down: Review