

CALIFORNIA STATE UNIVERSITY, NORTHRIDGE
Department of Kinesiology

Number and Title of Course: KIN 124A -Basketball

Spring 2008

Instructor: Steve Paredes

Office: RE 110

Phone: 677-3205

Hours: Mondays 6-7pm Tuesdays 4-5pm

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Text: Scott, John W., *The Basketball Book*, Needham Heights: Allyn & Bacon.

Course Description:

Course content is designed to develop skills in the realm of basketball that includes history, rules, participation in a variety of games and general appreciation of the game.

Course Objectives:

By the end of the semester the student will be able to:

1. Show evidence of general skill.
2. Demonstrate proper techniques in basketball including footwork, dribbling, shooting, and passing.
3. Describe the basic offensive strategies and defensive positions
4. Describe the dimensions of the playing surface and hoop dimensions.
5. Recognize the difference between violations and fouls at various levels of competition.

Course Outline:

1. Introduction
 - a. History
 - b. Dimensions
2. Shooting Skills
 - a. Shot types
 - b. Stance, Posture, and Alignment
 - c. Scoring
3. Footwork
 - a. Defensive
 - b. Offensive
4. Rebounding
 - a. Angles
 - b. Outlets
5. Passing
 - a. Types
 - b. When to use variations
6. Mental Aspects
 - a. Attitude
 - b. Visualization
7. Rules, Strategy, Etiquette

Evaluation:

The student will be evaluated as followed:

- | | |
|---|-----|
| 1. Participation, performance, and attendance | 50% |
| 2. Mid term | 25% |
| 3. Final Test | 25% |

Attendance Policy:

Students are permitted three absences with no effect on their grade. It is possible to make up an absence with prior approval of the instructor. Two tardies count as one absence.

Grade reduction is as follows:

- 4 absences lowers grade one full letter
- 5 absences lowers grade two full letters
- 6 absences lowers grade three full letters
- 7 absences receives a Fail**

Class Guidelines:

1. Appropriate clothing must be worn with basketball shoes...
2. Safety is the most important factor...Please listen to your instructor.
3. All requirements must be met to pass the class
4. Bring bags, backpacks, electronics at your own risk (lockers are available).