San José State University
Kinesiology
Spring 2019: Kin 015 Beginning Basketball

Contact Information

Instructor: Haley Stadnikia, GTA
Office Location: SPX 170
Email: haley.stadnikia@sjsu.edu
Office Hours: By appointment/email

Class Meetings & Location: Monday/Wednesday 10:30-11:20
Yoshihiro Uchida Hall 106

Course Description
This course is designed to develop beginning basketball skills. It will provide the participant with knowledge and skills commensurate with playing beginning basketball and improve the health related components of fitness through a variety of drills and play. This course will also give students an overall historical background of the sport of basketball.

Web Resource
Course materials may be found on the e-campus Canvas learning management system at http://www.sjsu.edu/at/ec/canvas/. You are responsible for regularly checking the Canvas discussion board and email for information and messages. Login using your mysjsu username and password.

Course Goals and Student Learning Objectives
Following activities and assigned reading, students will be able to demonstrate through class activities/assignments, skills tests, and written exams,

• Knowledge of fundamental skills, rules, and techniques of basketball.
• Proficiency in execution of the basketball skills covered.
• An understanding of the history, rules, strategies, current research, safety and etiquette associated with basketball, as well as some of the greatest, most influential players to play the game.
• An understanding of the mental and physical health benefits to be derived from basketball.
• An appropriate level of proficiency in personal fitness as it relates to components such as cardiovascular endurance, muscular strength and endurance, flexibility, body composition, balance, coordination, and agility.

Activity Program Learning Outcomes

After completion of the physical activity graduation requirement, students shall be able to:
• Demonstrate proficiency in the execution of the motor/sport skills appropriate to the specific activities completed.
• Identify and/or explain the applicable history, rules, strategies, current research, safety, and etiquette related to the specific activities completed.
• Identify and/or explain the benefits of physical activity as related to physical and mental health.
• Demonstrate basic fundamentals including passing, shooting, dribbling, and rebounding
• Understand the basic principles of offense and defense, as well as articulate appropriate game strategies
• Understand the importance of teamwork and communication and how it affects the game both positively and negatively

Text/Readings
• This course does not require any textbooks, all assignments and required readings will be posted on Canvas.

Course Notes
• Class protocol: Students are expected to arrive on time and participate fully in all activities throughout the class period. Your participation will be assessed and formulated into your final grade.
• Proper ‘basketball attire’ is expected - if you have questions regarding this, please come see me.
• If you are sick and physically unable to come to class, please email me in advance considering participation is a large portion of your overall grade.
• Turn cell phone off and put away for the duration of the class. Interactions with classmates and the instructor are expected to be respectful at all times.
• Recording class: Instruction may not be recorded. If classmates ask you to record their performance for later review make sure it is done before or after class rather than during class. Do not post or otherwise share the recording.
• Intellectual property: Course materials developed by the instructor (e.g., exam/quiz items, videos, lecture notes), are the instructor’s intellectual property and cannot be shared or uploaded in any form publicly without the instructor’s approval.
• If you have pre-existing medical or physical problems you should consult your physician before participating in this class and alert the instructor to any required limitations.
• Report any accidents to the instructor immediately.
• Exam & Skill Tests may NOT be made up, unless under extreme circumstances in which have been communicated and approved by me in advance

Course Requirements, Assignments, and Grading -

Participation (20pts) - This is an ACTIVITY course, therefore participation is required. You will be evaluated on participation and progress each week.

Tests:

• 5 Skills Tests of the following fundamental principles (75pts)
• Dribbling, Passing, Shooting, Defense, Offense (15pts each)
  • All skills tests will be performed in class during instruction - THESE CANNOT BE MADE UP
  • All skills tests will be assessed based on your overall understanding and ability to execute specific fundamentals through performing drills

• Written Exam: (50pts)
  • Will be a compilation of basic basketball rules, history, strategy, and fundamentals covered in class.

Assignments:

*All Assignments/Essays will be submitted to Canvas by 11:59pm of the given due date*

• Dream Team Response: (10pts)
  • Outside of class, please watch the following video on the 1992 “Dream Team” and write a 1 page, double spaced, 12pt font, original response. This can include what you learned, what was interesting to you, and how the Dream Team impacted both the world wide game of basketball, as well as the Olympics. This is not a summary!
    - FYI: Information from this video is fair game for the final exam….
    [Video link](https://www.youtube.com/watch?v=mdM049s3Md0)

• Influencing The Game Essay: (20pts)
  • Choose any basketball player or coach (before the year 2000) and describe how they have impacted the game of basketball. This can be through their unique playing styles, attitudes, ability or beliefs outside of the court, etc. Be creative! Remember, not every player who has made a huge impact scores the most points, or plays the most minutes….
  • Once you have chosen your specific athlete/coach, please send me an essay proposal including their name and a brief explanation in which you plan to write about
    • 3-5 pages, double-spaced 12pt font; at least 1 academic source
    • Michael Jordan is excluded. (Too easy!)

Grading:

- 40% Participation/Assignments
- 40% Skills Tests
- 20% Final Exam

All assignments will be completed on Canvas.

All Skills Tests will be in class and are unable to be made up

*Note - Extra credit is available for attending a home SJSU men’s or women’s basketball game. Details will be discussed in class

Grading Scale:

<table>
<thead>
<tr>
<th>Grade Range</th>
<th>Letter Grade</th>
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<tbody>
<tr>
<td>97% - 100%</td>
<td>A+</td>
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<tr>
<td>87% - 89%</td>
<td>B+</td>
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<tr>
<td>77% - 79%</td>
<td>C+</td>
</tr>
<tr>
<td>67% - 69%</td>
<td>D+</td>
</tr>
<tr>
<td>93% - 96%</td>
<td>A</td>
</tr>
<tr>
<td>83% - 86%</td>
<td>B</td>
</tr>
<tr>
<td>73% - 76%</td>
<td>C</td>
</tr>
<tr>
<td>63% - 66%</td>
<td>D</td>
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University Policies

Information pertaining to university programs and policies designed to facilitate student success can be found here:

http://www.sjsu.edu/gup/syllabusinfo/

Course Calendar (subject to change with fair notice by announcement in class and/or email)

<table>
<thead>
<tr>
<th>Week</th>
<th>Course Content (Assignments, Exams/Quizzes, ...)</th>
</tr>
</thead>
</table>
| 1    | 1/28 – Syllabus & Class Intro  
      | 1/30 - Introduction to Basketball: History & Rules |
| 2    | 2/4 - Stationary Ball Handling, Intro to Dribbling  
      | 2/6 - Stationary Ball Handling, cont. Dribbling on the move |
| 3    | 2/11 - Skills Test #1: Dribbling  
      | 2/13 - Introduce Passing: Chest/Bounce/Overhead |
| 4    | 2/18 - Passing Drills, cont.  
      | 2/20 - Review Passing |
| 5    | 2/25 - Skills Test #2: Passing  
      | 2/27 - Introduce Shooting Form/Layups - B.E.E.F. |
| 6    | 3/4 - Shooting Form; Tweaking and Perfecting, Improving distances  
      | 3/6 – No Class - Coach out of Town |
| 7    | 3/11 - Skills Test #3: Shooting  
      | 3/13 - Introduction to Rebounding - Positioning, Boxing Out |
| 8    | 3/18 - Rebounding - Offense/Defense  
      | 3/20 - Rebounding Review |
| 9    | 3/25 - Catch up Day  
      | 3/27 - No Class - Dream Team Response Due (via Canvas) |
| 10   | 4/1 - No Class, Spring Break; Cesar Chavez Day  
      | 4/3 - No Class, Spring Break |
| 11   | 4/8 - Introduction to Defense - Positioning, Principles  
<pre><code>  | 4/10 - Defensive Strategies - Man, Zone, Denial |
</code></pre>
<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>4/15</td>
<td><strong>Skills Test #4: Defense</strong></td>
</tr>
<tr>
<td>4/17</td>
<td>- Introduction to Offense - Backdoor cuts, Give n’ Go, Pick n’ Roll</td>
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<tr>
<td>4/22</td>
<td><strong>Offensive Moves</strong> - Off the Dribble; Offensive Strategies Review, Teams</td>
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<tr>
<td>4/24</td>
<td>- Tournament - (Round Robin)</td>
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<tr>
<td>4/29</td>
<td><strong>Tournament - Round Robin day 2</strong></td>
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<tr>
<td>5/1</td>
<td><strong>Tournament - Round 1</strong></td>
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<tr>
<td>5/6</td>
<td><strong>Tournament - Round 2</strong></td>
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<tr>
<td>5/8</td>
<td><strong>Tournament Championship/Exam Review</strong></td>
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<tr>
<td>5/13</td>
<td><strong>Last day of classes</strong></td>
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Final Written Exam: TBD

**Extra Credit Opportunity Dates:**

Sat 1/26 - MBB vs Air Force, 6pm  
Wed 1/30 - WBB vs Utah State, 7pm  
Wed 2/2 - MBB vs San Diego State University, 6pm  
Sat 2/9 - WBB vs Boise State, 2pm  
Sat 2/16 - MBB vs UNLV, 2pm  
Tues 2/20 - MBB vs New Mexico, 7pm  
Sat 2/23 - WBB vs Air Force, 2pm  
Sat 3/2 - WBB vs San Diego State University, 2pm  
Wed 3/6 - MBB vs Wyoming, 7pm  
Thurs 3/7 - WBB vs Fresno, 7pm