San José State University  
Kinesiology  
Spring 2017, KIN 15A Beginner Basketball

Contact Information

Instructor: Henry Pai MA, ATC, CATC  
Office Location: SPX 156  
Telephone: (408) 924-3035  
Email: henry.pai@sjsu.edu  
Office Hours: By appointment or email  
Class Meetings & location YUH 106  
Tuesdays and Thursdays 10:30AM – 11:20AM

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.

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 and techniques of basketball.  
• Proficiency in execution of the basketball skills covered.  
• An understanding of the history, rules, safety and etiquette associated with basketball.  
• 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 beginner level basketball skills such as passing, dribbling, shooting and rebounding.
• Acquire a basic understanding of offensive and defensive basketball principles.
• Demonstrate how basketball can elicit teamwork through communication, and how it may positively affect other aspects of life

Text/Readings

There are no required texts or readings for this class.

Course Notes

• Class protocol: Students are expected to arrive on time and participate fully in all activities throughout the class period. You will be assessed a grade based on your daily participation.
• 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.
• Students are expected to come prepared to class, in appropriate basketball attire
• 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.
• Course grades will be posted on Canvas by the end of finals week.
• Written Exam cannot be made up, unless under extreme circumstances
• Skill Tests cannot be made up, unless under extreme circumstances
• Drop requests will not be accepted after the SJSU drop deadline.
• Outings/assignments completed for another class cannot be counted for this course

Course Requirements, Assignments, and Grading

Skills Tests:

• 6 Skills tests on fundamental skills of basketball
- Skill tests will be based on drills performed during instruction
- Graded based on understanding and demonstration of skills

- Written Exams:
  - Final Exam (10%)
    - Exam content will be based on lectures accessed via Canvas and instructions shared during class through drills and participation
    - Will cover rules, history, skills and general principles of basketball

Assignments:
- Benefits of Physical Activity Essay (10%)
  - Based on lectures uploaded to Canvas
  - Minimum one-page length, double-spaced in 12pt. font
  - Highlight the benefits obtained through regular physical activity and how basketball can help achieve those benefits
- Dream Team Documentary Essay (10%)
  - Write an essay regarding the Dream Team documentary (YouTube)
  - Minimum one-page length, double-spaced in 12pt. font
  - Comment on the significance of the Dream Team, their accomplishments and influence on the game of basketball
  - Reflect on how basketball can serve as a platform for connecting people, cultures and creating relationships

Grading

Grading Plan

- 10% Skills Test 1 (Ball-handling)
- 10% Skills Test 2 (Passing)
- 10% Skills Test 3 (Lay-ups)
- 10% Skills Test 4 (Defense)
- 10% Skills Test 5 (Shooting)
- 10% Skills Test 6 (Rebounding)
- 10% Daily Class Participation
- 10% Assignment (Benefit of Sport Essay)
- 10% Assignment (Dream Team Documentary Essay)
- 10% Final Written Exam

Grading Scale used to determine letter grade for each component above.

<table>
<thead>
<tr>
<th>Percentage</th>
<th>Equivalent Grade</th>
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<tbody>
<tr>
<td>97% - 100%</td>
<td>A+</td>
</tr>
<tr>
<td>93% - 96%</td>
<td>A</td>
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### Percentage Equivalents

<table>
<thead>
<tr>
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<th>Equivalent Grade</th>
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<tbody>
<tr>
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<tr>
<td>87% - 89%</td>
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<tr>
<td>83% - 86%</td>
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<tr>
<td>80% - 82%</td>
<td>B-</td>
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<td>77% - 79%</td>
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<td>60% - 62%</td>
<td>D-</td>
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<td>below 60%</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/](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>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>1/26 – Class Introduction &amp; Green sheet review</td>
</tr>
<tr>
<td>2</td>
<td>1/31 – Basic footwork and ball-handling</td>
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<tr>
<td></td>
<td>2/2 – Basic footwork and ball-handling</td>
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<tr>
<td>3</td>
<td>2/7 – Offensive principles/ball-handling</td>
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<tr>
<td></td>
<td>2/9 – Ball-handling drills</td>
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<tr>
<td>4</td>
<td>2/14 – SKILL TEST 1 – Ball-handling</td>
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<tr>
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<td>2/16 – Passing</td>
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<tr>
<td>5</td>
<td>2/21 – Passing</td>
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<tr>
<td></td>
<td>2/23 – Passing</td>
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<tr>
<td>Week</td>
<td>Course Content (Assignments, Exams/Quizzes, ...)</td>
</tr>
<tr>
<td>------</td>
<td>-----------------------------------------------</td>
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</tbody>
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| 6    | 2/28 – SKILL TEST 2 – Passing  
3/2 – Lay-ups |
| 7    | 3/5 – Offensive principles/lay-ups  
3/7 – Offensive principles/lay-ups |
| 8    | 3/14 – SKILL TEST 3 – Lay-ups  
3/16 – Tournament 1 |
| 9    | 3/21 – Tournament 1  
3/23 – Tournament 1 (Assignment due, submit on Canvas) |
| 10   | 3/28 – SPRING RECESS (NO CLASS)  
3/30 – SPRING RECESS (NO CLASS) |
| 11   | 4/4 – Defensive principles  
4/6 – Defensive principles |
| 12   | 4/11 – Defensive principles  
4/13 – SKILL TEST 4 - Defense |
| 13   | 4/18 – Shooting principles  
4/20 – Shooting drills |
| 14   | 4/25 – Shooting drills/offensive principles  
4/27 – SKILL TEST 5 - Shooting |
| 15   | 5/2 – Rebounding/tournament 2  
5/4 – Rebounding/tournament 2 |
| 16   | 5/9 – Final Written Exam  
5/11 – SKILL TEST 6 - Rebounding |
| 17   | 5/16 – All-Star Day |