

San José State University
Kinesiology
Fall 2017, KIN 15A-04 Beginner Basketball

Contact Information

Instructor:	Henry Pai MA, ATC, CATC
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Office Hours:	By appointment or email
Class Meetings & location	YUH 106 Tuesdays and Thursdays 8:30AM – 9:20AM

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](http://www.sjsu.edu/at/ec/canvas/) 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: **Attendance and participation are essential for completing this course.** 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 attendance and 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.
- **Skill Tests cannot be made up.** You are permitted to exempt one skills test in the event of injury or other extreme circumstance.
- **Any missed skill test can be supplemented by a semester-end make-up exam.**
- 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 (Shooting)

10% Skills Test 5 (Defense)

10% Skills Test 6 (Rebounding)

15% Daily Class Participation

15% Assignment (Benefit of Sport/Dream Team Essay)

10% Written Final Exam (Dream Team Documentary Essay)

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

Percentage	Equivalent Grade
97% - 100%	A+
93% - 96%	A
90% - 92%	A-
87% - 89%	B+
83% - 86%	B
80% - 82%	B-
77% - 79%	C+
73% - 76%	C
70% - 72%	C-
67% - 69%	D+
63% - 66%	D
60% - 62%	D-
below 60%	F

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)

Week	Course Content (Assignments, Exams/Quizzes, ...)
1	8/24 – Class Introduction & Green sheet review
2	8/29 – Basic footwork and ball-handling 8/31 – Basic footwork and ball-handling
3	9/5 – Ball-handling 9/7 – SKILL TEST 1 – Ball-handling

Week	Course Content (Assignments, Exams/Quizzes, ...)
4	9/12 – Passing skills 9/14 – Passing
5	9/19 – Passing 9/21 – Passing
6	9/26 – SKILL TEST 2 – Passing 9/28 – Lay-ups
7	10/3 – Offensive principles/lay-ups 10/5 – Offensive principles/lay-ups
8	10/10 – Offensive principles/lay-ups 10/12 – SKILL TEST 3 – Lay-ups
9	10/17 – Shooting principles 10/19 – Shooting principles (Assignment #1 due, submit on Canvas)
10	10/24 – Tournament play 10/26 – Tournament play
11	10/31 – SKILL TEST 4 - Shooting 11/2 – Defensive principles
12	11/7 – Defensive principles 11/9 – Defensive/rebounding principles
13	11/14 – Defensive/rebounding principles 11/16 – SKILL TEST 5 – Defense
14	11/21 – Rebounding principles 11/23 – Thanksgiving break
15	11/28 – SKILL TEST 6 - Rebounding 11/30 – Tournament play (Make-up test)
16	12/5 – Tournament play (Final Written Exam) 12/7 – Tournament play