

San José State University
Kinesiology
Fall 2017 , KIN 15A Beginning Basketball

Contact Information

Instructor: Chris May
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Office Hours: Mon. - Thurs.
Class Meetings
Section 3 Monday & Wednesday 10:30am-11:20am
Location YUH 106

Course Description

This course is designed to assist students in the development of fundamental skills necessary for effective involvement in playing the game of basketball.

Course Goals and Student Learning Objectives

Following activities and assigned reading, students will be able to demonstrate through class activities/assignments, skill tests, and written exams,

- **Knowledge of fundamental skills, and techniques related to beginning basketball.**
- **Proficiency in execution of the skills covered.**
- **An understanding of the history, rules, strategies, current research, safety and etiquette associated with beginning basketball.**
- **An understanding of the mental and physical health benefits to be derived from beginning 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.**

Text/Readings

Course information will be discussed/distributed in class and or/emailed to the student.

Course Notes

- **Class protocol: Students are expected to arrive on time and participate fully in all activities throughout the class period. 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.**
- **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.**
- **Appropriate physical exercise clothing and court shoes are required.**
- **No food, gum, tobacco, or liquid allowed in YUH 106, with exception of water.**
- **No excessive physical contact or ply will be allowed.**

Course Requirements and Grading Policy -

Grading Plan

30% Skill Development (group discussion, demonstration, activity)

30% Skill Assessment

10% Quiz#1

10% Quiz #2 Benefits of Physical Activity related to cognitive and physical domains.

10% Quiz #3

10% Final Exam

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

Tests: Quizzes are multiple choice and/or short answer

T/Th classes In class final exam December 7th, 2017, 10%

Assignments:

- **Written Assignment 5%. Due December 9th, 2014. Information on this assignment will be discussed/distributed during the semester.**

Success in this course is based on the expectation that students will spend, for each unit of credit, a minimum of forty-five hours over the length of the course. This would include preparing for class, participating in course activities, and completing assignments/projects. Generally this will amount to 1 hour a week outside of class.

Link to new syllabi policy: <http://www.sjsu.edu/senate/docs/S16-9.pdf>

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

Week	Course Content (Assignments, Exams/Quizzes, ...)
1	Intro to KIN 15A course policies and procedures
2	History and Rules of Basketball
3	Triple Threat Position
4	Basketball player positions
5	Dribbling
6	Quiz 1
7	Components of Health Related Fitness
8	Quiz 2
9	Skill Related Components of Fitness
10	Shooting
11	Rebounding
12	Team Offense

13	Team Defense
14	Quiz 3
15	Review
16	Final Exam Thursday Dec. 7th, 2017

