

San José State University
Kinesiology
Fall 2017: Kin 015A Beginning Basketball

Contact Information

Instructor: Haley Stadnikia, TA
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Office Hours: By appointment/email

Class Meetings & Location: Monday & Wednesday's 10:30 - 11:20am
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.

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, 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

There are no required texts/readings for this course.

Course Notes

- Class protocol: **Students are expected to arrive on time and participate fully in all activities throughout the class period. Your attendance and 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.
- 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 -

Tests:

- 6 Skills Test of the following fundamental principles: (30pts)
 - Dribbling
 - Passing
 - Shooting
 - Rebounding
 - Defense
 - Offense

All Skills test will be performed in class during instruction

All Skills tests will be assessed based on your understanding and ability of specific fundamentals through performing drills.

- Written Exam: (25pts)
 - Will be a compilation of basic basketball rules, history, strategy, and fundamentals covered in class.

Assignments/Projects:

- Benefits of Physical Activity Essay: (15pts)
 - Using information from the article, in your own words, summarize why physical activity is important to you, and how basketball can be a beneficial form of physical activity.
 - 1-2 pages, double-spaced, 12pt font.
- Influencing The Game Essay: (15pts)
 - 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:

- 15% Participation/Attendance
- 30% Skills Tests
 - Skills Test 1: Dribbling
 - Skills Test 2: Passing
 - Skills Test 3: Shooting
 - Skills Test 4: Rebounding

- Skills Test 5: Defense
- Skills Test 6: Offense (will be assessed during tournament play)
- 25% Written Final Exam
- 15% Benefits of Physical Activity Essay
- 15% Influencing the Game Essay

Grading Scale:

| | | | |
|----------------|----------------|----------------|----------------|
| 97% -100% - A+ | 87% - 89% - B+ | 77% - 79% - C+ | 67% - 69% - D+ |
| 93% - 96% - A | 83% - 86% - B | 73% - 76% - C | 63% - 66% - D |
| 90% - 92% - A- | 80% - 82% - B- | 70% - 72% - C- | 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 | 8/23 - Syllabus & Class Intro |
| 2 | 8/28 - Basketball History, Introducing Rules; 8/30 - Fundamentals, Ball Handling; |
| 3 | 9/4 - <i>Labor Day, No Class</i> 9/6 - Introduce Basics of Dribbling; |
| 4 | 9/11 - Dribbling Drills; R/L Hand, Eyes up, Cross over 9/13 - Skills Test #1: Dribbling |
| 5 | 9/18 - Introduce Passing; Chest/Bounce/Overhead passing 9/20 - Passing Drills |
| 6 | 9/25 - Review Passing; Introduce Shooting Form (BEEF) 9/27 - Skills Test #2: Passing - <i>Discuss Benefits of Physical Activity Article</i> |
| 7 | 10/2 - Shooting Form; Tweaking and Perfecting 10/4 - Shooting Drills; Improving distances, FTs, 3pt |
| 8 | 10/9 - Review Shooting; Introduce Rebounding |

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|----|---|
| | 10/11 - Skills Test #3: Shooting |
| 9 | 10/16 - Rebounding - Positioning, Boxing Out 10/18 - Rebounding - Offense/Defense |
| 10 | 10/23 - Review Rebounding; Introduce Defense 10/25 - Skills Test #4: Rebounding |
| 11 | 10/30 - Defensive Principles 11/1 - Defensive Strategies |
| 12 | 11/6 - Review Defense, Introduce Offense 11/8 - Skills Test #5: Defense |
| 13 | 11/13 - Offensive Strategies; 1v 1, 2v2, 3v3 11/15 - Offensive Strategies; 5v5 - Putting it all together |
| 14 | 11/20 - Benefits of Physical Activity Essay DUE; <i>11/22 - No Class, Thanksgiving Break</i> |
| 15 | 11/27 - Offensive Strategies Review, Tournament Teams 11/29 - Tournament - Round 1 (1v8, 2v7, 3v6, 4v5) Skills Test #6: Offense |
| 16 | 12/4 - Tournament - Round 2 12/6 - Tournament Championship & Review |
| 17 | 12/11 - Last Class - Review; Influencing the Game Essay DUE |

Final Written Exam: TBD