

COURSE OUTLINE

Varsity Basketball IV, Women

Course Description

PE 295. Varsity Basketball IV, Women. 2 hours credit. Prerequisite: PE 277 and selection by the head women's basketball coach. This course will enable the student to develop the skills for advanced women's collegiate basketball providing credit for varsity participation. The student will develop leadership skills conducive to positive team environments that value differences in people and satisfactory individual relationships.

Course Relevance

Varsity sport activity courses in physical education provide the student with the opportunity to actively participate and apply an awareness of the importance of developing a lifelong plan of health-enhancing behaviors that generate fitness, physical well-being, and teamwork.

Required Materials

None.

Learning Outcomes

The intention is for the student to be able to:

1. Develop leadership skills conducive to positive team environments that value differences in people and satisfactory individual relationships.
2. Demonstrate the advanced skill level techniques of collegiate basketball.

Learning PACT Skills that will be DEVELOPED and/or documented in this course

Through involvement in this course, the student will develop ability in the following PACT skill area(s):

Personal Development Skills

1. Interpersonal interaction
 - Through interaction with the coaching staff and teammates, the student applies knowledge of the dynamics of group environments and the impact of individual behavior.

Analytical Thinking Skills

1. Problem solving
 - Through participation in collegiate basketball competition, the student will demonstrate how to apply workable solutions within team dynamics helpful in later real life problems.

Communication Skills

1. Reception and interpretation of messages
 - Through analysis of teamwork within the context of a sporting team environment, the student develops effective observation and interpretation of leadership skills.

Major Summative Assessments Task(s)

These learning outcome(s) and the Learning PACT skill(s) will be demonstrated by:

1. Applying effective technique and interpersonal skill principles during a varsity competitive sporting event (A skill) through personal interaction within the dynamics of a team environment evident to the coaching staff and teammates (C skill).
2. Presenting a summative oral presentation that identifies the leadership skills required in building positive team environments while embracing diversity among team members (P skill).

Course Content

- I. Skills/Competencies – Actions that are essential to achieve the course outcomes:
 - A. Apply individual behaviors that enhance a positive group environment
 - B. Demonstrate an appreciation for the value of differences among teammates
 - C. Demonstrate an awareness of the skills and behaviors associated with the achievement of satisfactory relationships in a team environment
 - D. Demonstrate proper individual advanced skills of offensive and/or defense techniques in competition
 - E. Demonstrate execution of specific offensive and defensive team plays
 - F. Demonstrate proper stretching techniques
 - G. Demonstrate strengthening programs

Learning Units

- I. Fundamental individual skills for advanced level collegiate basketball specific to the student-athlete's position
 - A. Intermediate-level skills
 - B. Position-specific skills
- II. Advanced level offensive and/or defensive individual concepts and skills into team play situations
 - A. Team strategies for offense and defense
 - B. Proper execution of plays designed for the offense and defense by daily repetitions in practice and competition
- III. Implementation of personal and team goals
 - A. Strategies and skills necessary to compete at a championship level as regulated by the NJCAA and the Jayhawk Conference
 - B. Identification of individual and team strengths and weaknesses through proper evaluation of game video
 - C. Implementation of offensive and defensive strategies according to scouting reports and video analysis of the opponent
 - D. Assistance with the coaching staff with the recruitment of the prospective student-athlete
- IV. Self-responsibility and accountability as the student-athlete
 - A. Impact of individual behavior on the dynamics of group interaction and teamwork
 - B. Value of academic excellence for the student-athlete

- C. Importance of time management as the student-athlete
- D. Role of proper nutrition for the basketball athlete

- V. Principles of skillful leadership
 - A. Dynamics of the team environment
 - B. Individual leadership skills

Learning Activities

Learning activities will be assigned to assist the student to achieve the intended learning outcomes through instructor lectures, audio-visual aids, group discussion, guest speakers, drills/skill practice, intercollegiate competition and other activities at the discretion of the instructor.

Grade Determination

The student will be graded on learning activities and assessment tasks. Grade determinants may include the following: team practice participation, skill demonstration, competitive performances, and other methods of evaluation employed at the discretion of the instructor.