

# Bemidji State University

## PHED 1764: Skills for Life: Basketball

### A. COURSE DESCRIPTION

Credits: 1

Lecture Hours/Week: \*.\*

Lab Hours/Week: \*.\*

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: None

An activity course that examines and applies the fundamentals and skills of basketball. History and rules of the game, safety, drills, entry level strategies, conditioning, individual and group instruction and practice will be included. Liberal Education Goal Area 11.

**B. COURSE EFFECTIVE DATES:** 08/22/1997 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

1. Shooting Form/Free throws; Circle Shoot
2. Ball-handling drills/Passing: Transition drills
3. Shooting lay-ups/Jump shots
4. Screens; on the ball and off the ball
5. Defense; stance, positioning
6. Tournaments and Cut-Throat
7. Knockout, Dribble War
8. MoneyBall
9. King/Queen of Court
10. Controlled Games: ZONE OFFENSE V ZONE DEFENSE
11. Shooting Team Games

### D. LEARNING OUTCOMES (General)

1. understand basic history, rules, and strategies of the game of basketball
2. participate in activities that improve overall fitness level and basketball skills
3. demonstrate an understanding of offensive strategies used in basketball
4. demonstrate proper offensive skills, defensive skills, and transition skills

### E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

### F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

### G. SPECIAL INFORMATION

None noted