

**J. Sargeant Reynolds Community College  
Course Content Summary**

**Course Prefix and Number:** PED 152

**Credits:** 2

**Course Title:** Basketball

**Course Description (including lecture hours, lab hours, and total contact hours)**

Introduces basketball skills, techniques, rules, strategies, equipment selection, flexibility, and physical conditioning. Provides significant opportunity for on-court demonstration, drills, and practice time. Includes scrimmaging, but focuses primarily on learning and improving basketball skills and knowledge. Includes classroom time to address topics such as rules, strategy, video demonstration of skills, and basketball history (video of great players and epic games). Lecture 1 hour. Laboratory 2 hours. Total 3 hours per week.

**General Course Purpose**

This course is designed to provide instruction and practice in the game of basketball with the goal being the development of skills for, and attitude commensurate with, participation in a lifetime, health and fitness promoting recreational sport.

**Course Prerequisites/Corequisites**

No prerequisites are required for this course.

**Course Objectives**

Upon completing the course, the student will be able to:

- A. Properly execute the fundamental basketball skills of dribbling, passing, shooting, rebounding, boxing out, and defensive play as evidenced by passing a skills test.
- B. Understand and apply the rules of the game of basketball.
- C. Understand the positions of the game of basketball.
- D. Accurately keep score.
- E. Apply proper basketball etiquette when playing (etiquette includes general good manners and sportsmanship while precluding any foul language, complaining, and equipment abuse).
- F. Select proper equipment.
- G. Understand and apply basic offensive and defensive strategies.
- H. Understand the fitness value of basketball and how to improve conditioning.
- I. Understand the value of the warm-up and how to improve flexibility.
- J. Demonstrate an understanding of the major fundamental aspects of the game of basketball as evidenced by passing a written test.

**Major Topics to be Included**

- A. Fitness benefits of basketball and conditioning
- B. Warm-up exercises and flexibility
- C. Proper equipment selection
- D. Rules, scoring and positions
- E. Skill development (dribbling, passing, shooting, rebounding, boxing out, and defensive play)
- F. Strategies (offensive and defensive)
- G. Drills and practice time
- H. Game situations and scrimmage play

**Effective Date of Course Content Summary (Month, Date, Year):** September 10, 2009