

NVCC COLLEGE-WIDE COURSE CONTENT SUMMARY
PED 152 BASKETBALL (1 CR.)

COURSE DESCRIPTION

Teaches basic basketball offensive and defensive skills and techniques, conditioning, team play and strategy, and terminology and history. Lecture 1 hour. Laboratory 1 hour. Total 2 hrs. per week.

GENERAL COURSE PURPOSE

This course is designed to teach the student basic skills and knowledge for participation and appreciation of basketball.

COURSE OBJECTIVES

Upon completion of this course, the student will be able to:

- A. Understand and properly execute the fundamental individual skills of basketball
- B. Display a knowledge and understanding of the rules, terminology, history, and professional and collegiate leagues.
- C. Understand individual and team defenses, man to man and zone.

MAJOR TOPICS TO BE INCLUDED

- A. Conditioning Drills.
- B. Fundamentals: Passing, Dribbling, Rebounding, and Shooting.
- C. History, Terminology, and Rules
- D. Officiating Training and Practice
- E. Scrimmage (1 on 1, 2 on 2, and 5 on 5)
- F. Team Offenses and Defenses

OPTIONAL TOPICS

- A. Officiating Signals
- B. Set Plays (Jump Ball, Inbounds, General Offence)
- C. Critique Basketball Game (live or televised)
- D. Hall of Fame Basketball Players
- E. Governing Bodies and Leagues