

KINC 233: INTERCOLLEGIATE BASKETBALL FOR WOMEN

Citrus College Course Outline of Record

Heading	Value
Effective Term:	Fall 2021
Credits:	1
Total Contact Hours:	54
Lab Hours:	54
Hours Arranged:	0
Outside of Class Hours:	0
Strongly Recommended:	Advanced basketball skills to participate in a competitive collegiate experience.
Transferable to CSU:	Yes
Transferable to UC:	Yes - Approved
Grading Method:	Standard Letter, Pass/No Pass

Catalog Course Description

Intercollegiate competition for women's varsity basketball. This course may be taken four times. 54 lab hours.

Course Objectives

- Demonstrate improvement in physical endurance and cardiovascular efficiency
- Demonstrate improvement in advanced basketball skills
- Compare and contrast offensive and defensive strategies
- Analyze weaknesses in different offensive and defensive sets and formulate appropriate adjustments

Major Course Content

All lab content.

Lab Content

Women's Intercollegiate Basketball includes instructor guided practice and demonstration in the following content areas:

1. Cardiovascular and Strength Program
 - a. Circuit lab
 - b. Weight program
 - i. In-season
2. Offensive and Defensive Strategy
 - a. Offense
 - i. half court sets
 1. passing game, cutting, screening, accepting screens, posting
 2. delay and tempo, knowledge of time score and shot selection
 3. stall game knowledge of time, score and shot selection
 - ii. full court
 1. sideline break - after made field goals
 2. break after missed field goals and turnovers
 3. breaking full and half court presses
3. Competition
 - a. Conference Competition
 - b. Post Season Competition
- b. Defense
 - i. man-to-man, 20 rules
 1. on ball
 2. off the ball
 3. defending the dribbler
 - ii. zone - half court sets
 1. 2-3
 2. 1-2-2
 3. 1-3-1
 4. match-up
 - iii. presses
 1. 1-2-1-1 zone
 2. 2-2-1 zone
 3. 1-3-1 half court zone
 4. man - jump and run

Suggested Reading Other Than Required Textbook

NCAA Rulebook / Instructor Handouts

Examples of Required Writing Assignments

Complete written summaries of team offenses and defenses and various types of game strategies.

Examples of Outside Assignments

Practice skills. Participate in activities related to course lab. The student is expected to observe high level competition, analyze these performances and attempt to apply the observations in competition.

Instruction Type(s)

Lab, Online Education Lab