Los Angeles Mission College

Department of Physical Education and Health

Course Syllabus

Instructor: Joseph Cascione

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Office Hours:

7:00-10:30-Tuesday/Thursday

7:00-9:00am Friday

Title of Course

Basketball

Course Description

This class will include various basketball activities to enhance dribbling, shooting, and passing skills. Knowledge of rules and regulations will also be introduced as well as various conditioning and cardiovascular exercises.

Student Learning Outcome

Students will be able to apply the basic skills needed to participate in a game of basketball. Students will be able to peer teach by instructing and modeling concepts used throughout the course.

Course Objective

At the conclusion of the course, the student will:

1. Be able to perform various dribbling, shooting, and passing activities related to basketball as measured by a pre and post test
2. Be knowledgeable in rules and regulations
3. Be able to maintain a level of cardiovascular conditioning to be able to participate in a full court game of basketball.

Grading Procedures

1. 80% of grade-Class participation-0-2 absences, grade stays the same

   3 absences, grade lowered one grade

4 absences, grade lowered two grades

5 absences, grade lowered three grades

6 absences, fail in class

2. 20% of grade-final written exam/physical exam

Equipment

1. Proper basketball shoes to be worn at all times
2. Safe and proper clothing

Gym Policies

1. Please do not bring guests or children.
2. Only clean exercise shoes are to be worn on the gym floor.
3. No gum, food, or drinks. The exception is water in an unbreakable bottle.
4. If you feel dizzy or sick stop working and please notify the instructor.
5. In case of a disaster, please notify the instructor before leaving.

To reduce the risk of injury, consult your doctor before participating in this or any other exercise program. The instructions advice presented are in no way intended as a substitute for medical counseling.

Class Schedule

Monday/Wednesday	Tuesday/Thursday	Friday
7:30-8:55 Fitness center		
9:05-10:30 Fitness center		
10:40-12:05 Basketball court		