

Los Angeles Mission College

Department of Physical Education and Health

Course Syllabus

Instructor: Joseph Cascione

Office Hours:

Email: cascioj@lamission.edu

Tuesday/Thursday: 8:00am-12:00am

Phone: 1-818-364-7728

Title of Course

Kinesiology 387

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. 70% of grade-Class participation
-Students will be given points every day for participating with maximum effort and demonstrating a positive demeanor throughout the semester.

2. 20% of grade- Skills testing

-Students will perform a dribbling, shooting, and passing skills test at the end of the semester.

3. 10% of grade-Fitness testing

-Students will show an improvement on pre/post fitness testing

Tardies

Three tardies equates to one absence.

Make-Ups

Make-ups will be made by attending my other basketball class during designated weeks.

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.

Mr. Cascione's Class Schedule Spring 2013

Monday/Wednesday

7:15am-8:30am Fitness Center

8:40am-10:30am Fitness Center

10:40am-12:10am Gym

Friday

9:00am-12:00am Gym

