



# Los Angeles Mission College

Department of  
Kinesiology  
13356 Eldridge Ave  
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(818)364-7600

## KIN 387 Basketball

### Course Syllabus

Semester & Year: Fall , 2013
Units: 1
First Day of Class: August 31, 2013
Final Grades Posted by: December 19 <sup>th</sup> , 2013
Class Days & Times: Saturday 9:30am-12:40pm
Final Exam: December 14, 2013 10am-12pm
Holidays: 9/2/13, 11/11/13, 11/28/13-12/01/13

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Office: HFAC 103E
Office Hours: M & W 11am – 1:30pm

### Course Description

This course is designed to teach all levels. It emphasizes fundamental basketball skills such as dribbling, passing and shooting. It also includes the selection and care of equipment, rules, offensive and defensive strategies, etiquette, terminology and the components of fitness.

### Student Learning Outcome

Students will improve their fitness level by performing basketball drills and participating in regular play. Students will be able to perform basic skills of basketball such as passing, dribbling, and shooting and be engaged in play that respects the rules and etiquette of the game as described by the NCAA.

### Course Objective

At the conclusion of the course, the student will be knowledgeable in:

1. The rules and their interpretations: to include scoring, play, game situations and etiquette for players and spectators.
2. Skills that demonstrate the student's ability to play a game of basketball.
3. Large group activities and on-court, off-court drills.
4. Strategies of play and drills that can improve their performance.
5. Types of competition and recreational tournaments.
6. Involvement in competitive play with other class members.
7. Evaluation of knowledge and physical skills.
8. Development of fundamental skills, hand eye coordination, footwork, and fitness.

### Grading Procedures

A	90-100%	360-400
B	80-89%	320-259
C	70-79%	280-319
D	60-69%	240-279
F	0-59%	001-239

1. 25% of grade – Improvement 100 pts. (based on pre and post tests and scoring rubric)
2. 75 % of grade - Class Participation (30 classes x10=300 pts.)

10 points = Full participation per class includes consistently taking part in lecture and activities while following set standards and rules. This includes completing and handing in assignments by deadlines, being on time, leaving when dismissed, and dressing appropriately.

### Participation:

10 points = full participation per class.

- 8-9 points = most, but not all are demonstrated
- 6-7 points = some are demonstrated
- 4-5 points awarded if few are demonstrated
- 0 points earned if participation behaviors are not demonstrated

### **Class Information**

**Before you are allowed to participate in the class you MUST be present for the orientation and sign the mandatory waiver form. There are no exceptions.**

### **Waiver Forms**

You must print, sign and turn in a waiver form before you are allowed to participate in class. If you are a minor, you will need to have your parent or legal guard sign the waiver form. The waiver form can be downloaded at <http://www.lamission.edu/fitness/docs/HFAC%20Waiver%20Form%201.6.pdf>

### **SPECIAL ACCOMMODATIONS**

If you require special accommodations for a disability, religious holiday, or any other reason please inform me within the first week of the course and I will accommodate you if at all possible. For accommodations due to disability, you must consult with the Disabled Students Programs and Services Office (818) 364-7732, after which we will abide by their recommendations.

### **Warm-ups**

All class meetings will begin with a light warm up. There will be no participation in classroom activities without participating in these warm up activities. This is to decrease your chance of injuring yourself.

### **Cell Phones**

Do not use your cellphone during class time. Turn them off before you come into the classroom. You will lose participation point if you are on your phone.

### **Be Punctual**

I advise you to arrive on time for class. On the days when we have quizzes, you will not be given that quiz if you arrive after the quiz has been given out.

### **Class Attendance**

As this is an activity course, it is extremely important that you attend class regularly to be able to accumulate participation points. Your personal fitness results will suffer if you have erratic attendance.

### **Make Up Policy**

There will be no make-up sessions for this class.

### **Equipment**

1. Proper shoes are required
2. Towel
3. Bottle of water

### **Dress Code**

All students are required to adhere to the dress code provided in the orientation. No jeans, cargo pants, or street clothes of any kind. Workout clothing is mandatory to participate in the class. Each student has access to a locker during class time. Please bring your own lock.

### **Gym Policies**

1. No guests or children allowed.
2. Only clean exercise shoes are to be worn.
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.

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

## Basketball Scoring Rubric

<b>Guide Skill/Strategy</b>	<b>Highly skilled (5pts.)</b>	<b>Proficient (4pts)</b>	<b>Fairly Proficient (3pts)</b>	<b>Novice (2pts)</b>	<b>Weak – Working toward Novice (1pt)</b>
<b>Free Throw</b>	Accurate 9/10 times	Accurate 7/10 times	Accurate 5/10 times	Accurate 3/10 times	Accurate 1/10 times
<b>10' Shot</b>	<ul style="list-style-type: none"> <li>- Dominant hand and elbow directly under ball</li> <li>-Has great follow through</li> <li>-Squares up to basket with knees bent</li> <li>-Shoots at top of jump</li> </ul>	<ul style="list-style-type: none"> <li>-Dominant hand and elbow directly under ball</li> <li>-Has great follow through</li> <li>-Squares up to basket with knees bent</li> </ul>	<ul style="list-style-type: none"> <li>-Dominant hand and elbow directly under ball</li> <li>-Has great follow through</li> </ul>	<ul style="list-style-type: none"> <li>-Does not have dominant hand or elbow under ball</li> <li>-Does not follow through</li> </ul>	
<b>Rebounding</b>	<ul style="list-style-type: none"> <li>-Gets inside position and finds a body</li> <li>-Arms up and eyes on ball</li> <li>-Stays low with body wide</li> <li>-Predicts where ball will come off rim</li> </ul>	<ul style="list-style-type: none"> <li>-Gets inside position and finds a body</li> <li>- Arms up and eyes on ball</li> <li>-Stays low with body wide</li> </ul>	<ul style="list-style-type: none"> <li>-Gets inside position and finds a body</li> <li>-Arms up and eyes on ball</li> </ul>	<ul style="list-style-type: none"> <li>- Does not get inside position or find a body</li> <li>- Does not get arms up and eyes on ball</li> </ul>	
<b>Dribbling</b>	<ul style="list-style-type: none"> <li>- Dribbles with finger tips</li> <li>- Dribbles at waist level</li> <li>- Dribbles with ball close to body and away from defender</li> <li>- Dribbles with Head up and eyes down court</li> </ul>	<ul style="list-style-type: none"> <li>-Dribbles with finger tips</li> <li>- Dribbles at waist level</li> <li>- Dribbles with ball close to body and away from defender</li> </ul>	<ul style="list-style-type: none"> <li>- Dribbles with finger tips</li> <li>- Dribbles at waist level</li> </ul>	<ul style="list-style-type: none"> <li>- Does not dribble with finger tips</li> <li>- Does not dribble at waist level</li> </ul>	
<b>Passing</b>	<ul style="list-style-type: none"> <li>- Follows through with thumbs down and palms out</li> <li>- Steps towards target</li> <li>- Leads the pass</li> <li>-Very accurate</li> </ul>	<ul style="list-style-type: none"> <li>-Follows through with thumbs down and palms out</li> <li>- Steps toward target</li> <li>-Good accuracy</li> </ul>	<ul style="list-style-type: none"> <li>- Follows through with thumbs down and palms out</li> <li>- Does not step toward target</li> <li>-Somewhat accurate</li> </ul>	<ul style="list-style-type: none"> <li>- Does not follow through with thumbs down or palms out</li> <li>-Does not step towards target</li> <li>-Very inaccurate</li> </ul>	
<b>Defense</b>	<ul style="list-style-type: none"> <li>- Feet shoulder width apart and on balls of feet</li> <li>- Bottom down and back straight</li> <li>- Stays low and feet never cross over</li> <li>- Forces opponent to the corner</li> </ul>	<ul style="list-style-type: none"> <li>- Feet shoulder width apart and on balls of feet</li> <li>- Bottom down and back straight</li> <li>- Stays low and feet never cross over</li> </ul>	<ul style="list-style-type: none"> <li>- Feet shoulder width apart and on balls of feet</li> <li>- Bottom down and back straight</li> </ul>	<ul style="list-style-type: none"> <li>- Feet are not shoulder width apart and is not on balls of feet</li> <li>- Bottom is not down and back is not straight</li> </ul>	
<b>Rules</b>	Uses rules accurately during a game most of the time	Uses rules accurately some of the time during a game	Uses rules accurately about half of the time during play	Seldom uses rules accurately during play	Rarely accurately uses the rules about