

## PE151 : Basketball II

### General Information

|   |   |
|---|---|
| Author:                                     | <ul style="list-style-type: none"><li>Erin Calderone</li></ul>  |
| Course Code (CB01) :                        | PE151   |
| Course Title (CB02) :                       | Basketball II   |
| Department:                                 | PE  |
| Proposal Start:                             | Spring 2026   |
| TOP Code (CB03) :                           | (0835.00) Physical Education  |
| CIP Code:                                   | (31.0501) Sports, Kinesiology, and Physical Education/Fitness, General.   |
| SAM Code (CB09) :                           | Non-Occupational  |
| Distance Education Approved:                | No  |
| Will this course be taught asynchronously?: | No  |
| Course Control Number (CB00) :              | CCC000571881  |
| Curriculum Committee Approval Date:         | 02/26/2025  |
| Board of Trustees Approval Date:            | 04/22/2025  |
| Last Cyclical Review Date:                  | 02/26/2025  |
| Course Description and Course Note:         | PE 151 teaches the intermediate concepts of basketball as a life-time activity. Instruction includes a review of the fundamental techniques, rules of basketball, development of team play and competitive participation. Students also learn several offensive and defensive strategies, game plans, effective offense and defense practice drills, the physiological and psychological benefits of playing basketball, and the psychological considerations of competition. |
| Justification:                              | Mandatory Revision  |
| Academic Career:                            | <ul style="list-style-type: none"><li>Credit</li></ul>  |
| Mode of Delivery:                           | <ul style="list-style-type: none"><li>In-Person</li></ul>   |
| Author:                                     | No value  |
| Course Family:                              | Basketball  |

### Academic Senate Discipline

|                       |  |
|-----------------------|--|
| Primary Discipline:   | <ul style="list-style-type: none"><li>Physical Education</li></ul> |
| Alternate Discipline: | No value   |
| Alternate Discipline: | No value   |

## Course Development

### Basic Skill Status (CB08)

Course is not a basic skills course.

Allow Students to Gain Credit by Exam/Challenge

### Course Special Class Status (CB13)

Course is not a special class.

### Pre-Collegiate Level (CB21)

Not applicable.

### Grading Basis

- Grade with Pass / No-Pass Option

### Course Support Course Status (CB26)

Course is not a support course

## General Education and C-ID

### General Education Status (CB25)

Not Applicable

### Transferability

Transferable to both UC and CSU

### Transferability Status

Approved

### CSU GE-Breadth Area

E-Lifelong Learning and Self-Development

### Area

Lifelong Learning and Self-Development

### Status

Approved

### Approval Date

08/29/2016

### Comparable Course

No Comparable Course defined.

## Units and Hours

### Summary

|  |    |
|--|----|
| <b>Minimum Credit Units (CB07)</b>           | 1  |
| <b>Maximum Credit Units (CB06)</b>           | 1  |
| <b>Total Course In-Class (Contact) Hours</b> | 54 |
| <b>Total Course Out-of-Class Hours</b>       | 0  |
| <b>Total Student Learning Hours</b>          | 54 |

### Credit / Non-Credit Options

#### Course Type (CB04)

Credit - Degree Applicable

#### Noncredit Course Category (CB22)

Credit Course.

#### Noncredit Special Characteristics

No Value

#### Course Classification Code (CB11)

Credit Course.

#### Funding Agency Category (CB23)

Not Applicable.

Cooperative Work Experience Education Status (CB10)

Variable Credit Course

## Weekly Student Hours

|                  | In Class | Out of Class |
|------------------|----------|--------------|
| Lecture Hours    | 0        | 0            |
| Laboratory Hours | 3        | 0            |
| Studio Hours     | 0        | 0            |

## Course Student Hours

|                                |    |
|--------------------------------|----|
| <b>Course Duration (Weeks)</b> | 18 |
| <b>Hours per unit divisor</b>  | 54 |

### Course In-Class (Contact) Hours

|              |    |
|--------------|----|
| Lecture      | 0  |
| Laboratory   | 54 |
| Studio       | 0  |
| <b>Total</b> | 54 |

### Course Out-of-Class Hours

|              |   |
|--------------|---|
| Lecture      | 0 |
| Laboratory   | 0 |
| Studio       | 0 |
| <b>Total</b> | 0 |

## Time Commitment Notes for Students

No value

## Units and Hours - Weekly Specialty Hours

| Activity Name | Type     | In Class | Out of Class |
|---------------|----------|----------|--------------|
| No Value      | No Value | No Value | No Value     |

## Prerequisites, Corequisites, Recommended Corequisites, and Recommended Preparation

### Prerequisite

PE150 - Basketball I (in-development)

#### Objectives

- Demonstrate an understanding of rules and conduct of the game.
- Develop basic fundamental skills of the game.
- Define fundamental skills as they apply to various positions played.
- Analyze and explain basic offensive and defensive strategies.
- Demonstrate and use sportsmanship in competitive situations.

## Entry Standards

Entry Standards

Description

No value

No value

## Course Limitations

Cross Listed or Equivalent Course

Description

No value

No value

## Specifications

Methods of Instruction

Methods of Instruction

Lecture

Methods of Instruction

Laboratory

Methods of Instruction

Discussion

Methods of Instruction

Multimedia

Methods of Instruction

Demonstrations

### Out of Class Assignments

- Self-evaluation (e.g. analysis of individual game-play performance)
- Written analysis (e.g. summary and examination of a professional basketball game)
- Portfolio project (e.g. creating offensive and defensive game plans)

Methods of Evaluation

Rationale

Other

Practical examination

Exam/Quiz/Test

Written midterm examination

Exam/Quiz/Test

Written final examination

Other

Participation in a basketball tournament

### Textbook Rationale

No Value

### Textbooks

Author

Title

Publisher

Date

ISBN

No Value

No Value

No Value

No Value

No Value

### Other Instructional Materials (i.e. OER, handouts)

Description

Instructor-generated reading materials.

Author

No value

Citation

No value

Online Resource(s)

No value

## Learning Outcomes

### Course Objectives

Demonstrate understanding of the current rules of basketball.

Demonstrate intermediate level basketball motor skills.

Demonstrate understanding and execution of intermediate level basketball offensive and defensive concepts.

Explain intermediate level situational basketball strategies.

Execute various types of basketball conditioning drills.

Demonstrate a positive team attitude.

SLOs

**Demonstrate intermediate level basketball motor skills and situational techniques.**

Expected Outcome Performance: 70.0

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*KIN*  
Kinesiology -  
AA-T

Demonstrate an understanding of biomechanical skills at different levels

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*PE*  
Core PLOs

Demonstrate and apply the fundamental skills, knowledge, etiquette and vocabulary used in the practice and performance of team activities

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*ILOs*  
Core ILOs

Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or methodologies to solve unique problems.

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**Integrate intermediate level knowledge of basketball strategies and rules into game play.**

Expected Outcome Performance: 70.0

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*ILOs*  
Core ILOs

Analyze and solve problems using critical, logical, and creative thinking; ask questions, pursue a line of inquiry, and derive conclusions; cultivate creativity that leads to innovative ideas.

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Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or methodologies to solve unique problems.

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*PE*  
Core PLOs

Demonstrate and apply the fundamental skills, knowledge, etiquette and vocabulary used in the practice and performance of team activities

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*KIN*  
Kinesiology -  
AA-T

Recognize and apply methods to develop and promote a socially healthy lifestyle

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**Demonstrate and apply safety rules and procedures to effectively participate in a physical movement environment.** Expected Outcome Performance: 70.0

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*ILOs*  
Core ILOs

Analyze and solve problems using critical, logical, and creative thinking; ask questions, pursue a line of inquiry, and derive conclusions; cultivate creativity that leads to innovative ideas.

---

Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or methodologies to solve unique problems.

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*PE*  
Core PLOs

Demonstrate and apply the fundamental skills, knowledge, etiquette and vocabulary used in the practice and performance of team activities

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## Additional SLO Information

**Does this proposal include revisions that might improve student attainment of course learning outcomes?**

No

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**Is this proposal submitted in response to learning outcomes assessment data?**

No

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**If yes was selected in either of the above questions for learning outcomes, explain and attach evidence of discussions about learning outcomes.**

No Value

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**SLO Evidence**

No Value

## Course Content

### Lecture Content

No value

### Laboratory/Studio Content

#### Rules of Basketball (4 hours)

- Types of fouls and violations
- Length of games and time outs
- Basketball history
- Scoring
- Quarters verses halves
- Bonus and Double Bonus
- Court regulations
- Substitutions

#### Intermediate Basketball Motor Skills (14 hours)

- Review of fundamental techniques and basketball footwork
- Shooting form and mechanics
- Defensive techniques
- Passing skills and techniques
- Dribbling skills and techniques
- Intermediate level footwork

#### Offensive Concepts (10 hours)

- 1 versus 1 moves
- Types of dribbles
- Post play
- Passing strategies
- Screening techniques
- Reading basketball situations
- Fast break tactics

#### Defensive Concepts (10 hours)

- Fundamental stance
- Sliding
- Arm positions
- Guarding on-ball
- Guarding off-ball
- Post defense
- Pressing
- Trapping defenses

#### Situational Basketball Strategies (8 hours)

- Baseline out-of-bounds
- Front court
- Back court
- Sideline out-of-bounds
- Front court
- Back court
- Jump ball
- Strategies for end of the clock
- Player individual characteristics

#### Basketball conditioning drills (4 hours)

- Sprinting
- Lateral agility
- Plyometrics and vertical jump training
- Weight training for basketball

#### Team Dynamics (4 hours)

- Mutual respect

- Fatigue and temperament
- Winning versus success

**Total hours: 54**

## Additional Information

### Repeatability

Not Repeatable

### Justification (if repeatable was chosen above)

No Value

### Is it possible this course will have a material fee?

No

### I have contacted my library liaison (<https://campusguides.glendale.edu/faculty/liasons>):

No Value

### What term(s) will this course be offered?

Fall/Spring

### Will any additional resources be needed for this course? (Click all that apply)

- No

### If additional resources are needed, add a brief description and cost in the box provided.

No Value

## Resources

### Did you contact your departmental library liaison?

No

### If yes, who is your departmental library liaison?

Becka Cooling (Kinesiology, Social Sciences)

### Did you contact the DEIA liaison?

No

**Were there any DEIA changes made to this outline?**

No

**If yes, in what areas were these changes made:**

No Value

**Will any additional resources be needed for this course? (Click all that apply)**

- No

**If additional resources are needed, add a brief description and cost in the box provided.**

No Value