

# Glendale College

## Course Outline of Record Report

Course ID 003043  
Revision - November 2025

### ATHPE107 : Off-Season Training for Intercollegiate Women's Basketball

#### General Information

Author:	• Erin Calderone
Course Code (CB01) :	ATHPE107
Course Title (CB02) :	Off-Season Training for Intercollegiate Women's Basketball
Department:	ATHPE
Proposal Start:	Fall 2026
TOP Code (CB03) :	(0835.50) Intercollegiate Athletics
CIP Code:	(31.0501) Sports, Kinesiology, and Physical Education/Fitness, General.
SAM Code (CB09) :	E - Non-Occupational
Distance Education Approved:	No
Will this course be taught asynchronously?:	No
Course Control Number (CB00) :	CCC000574696
Curriculum Committee Approval Date:	11/12/2025
Board of Trustees Approval Date:	12/09/2025
Last Cyclical Review Date:	08/01/2020
Course Description and Course Note:	ATHPE 107 provides instruction and practice for intercollegiate women's basketball focusing on fundamental techniques of competitive women's basketball. This course is designed to provide further advancement in individual skill, team strategies, effective communication, and conditioning for intercollegiate competition. Note: ATHPE 107 is off-season training for students who are interested in competing on an intercollegiate women's basketball team.
Justification:	Content Change
Academic Career:	• Credit
Mode of Delivery:	No value
Author:	No value
Course Family:	No value

#### Academic Senate Discipline

Primary Discipline:	• Coaching
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	Area	Status	Approval Date	Comparable Course
E-Lifelong Learning and Self-Development	Lifelong Learning and Self-Development	Approved	08/28/2023	No Comparable Course defined.

GCC General Education Requirements	Area	Status	Approval Date	Comparable Course
Area 8: Lifelong Learning	Lifelong Learning	Pending	No value	No Comparable Course defined.

### Units and Hours

**Summary**

<b>Minimum Credit Units (CB07)</b>	2
<b>Maximum Credit Units (CB06)</b>	4
<b>Total Course In-Class (Contact) Hours</b>	90 - 180
<b>Total Course Out-of-Class Hours</b>	18 - 36
<b>Total Student Learning Hours</b>	108 - 216

**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.

Variable Credit Course

**Funding Agency Category (CB23)**

Not Applicable.

Cooperative Work Experience Education

Status (CB10)

**Weekly Student Hours**

	In Class	Out of Class
Lecture Hours	0.5 - 1	1 - 2
Laboratory Hours	4.5 - 9	0
Studio Hours	0	0

**Course Student Hours**

<b>Course Duration (Weeks)</b>	18
<b>Hours per unit divisor</b>	54
<b>Course In-Class (Contact) Hours</b>	
Lecture	9 - 18
Laboratory	81 - 162
Studio	0
<b>Total</b>	90 - 180
<b>Course Out-of-Class Hours</b>	
Lecture	18 - 36
Laboratory	0
Studio	0
<b>Total</b>	18 - 36

**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**

No Value

**Entry Standards**

Entry Standards	Description
Perform offensive and defensive skills appropriate for intercollegiate basketball.	No Value

Define National Collegiate Athletic Association (NCAA) women's basketball rules.	No Value
Participate in rigorous physical activity.	No Value
Participate and interact in a team environment.	No Value
Maintain positive individual behaviors to enhance team dynamics.	No Value

### Course Limitations

Cross Listed or Equivalent Course	Description
No value	No value

### Requisite Validation

<b>Upload Statistical Validation and/or other documents (if necessary)</b>
No Value

### Specifications

<b>Methods of Instruction</b>	
Methods of Instruction	Lecture
Methods of Instruction	Laboratory
Methods of Instruction	Discussion
Methods of Instruction	Multimedia

<b>Methods of Instruction</b>	Independent Study			
<b>Methods of Instruction</b>	Collaborative Learning			
<b>Methods of Instruction</b>	Demonstrations			
<b>Methods of Instruction</b>	Guest Speakers			
<b>Out of Class Assignments</b>				
<ul style="list-style-type: none"> <li>• Practice evaluation (e.g. written evaluations regarding positive and negative performances)</li> <li>• Goal setting (e.g. written re-evaluation of goal performance every other week)</li> <li>• Practice analysis (e.g. summary and review of practice film)</li> </ul>				
<b>Methods of Evaluation</b>	<b>Description of Activity/Interaction</b>			
Exam/Quiz/Test	Demonstration evaluations			
Writing Assignment	Video movement analysis			
Activity (answering journal prompt, group activity)	Tournament play			
Exam/Quiz/Test	Written exams			
<b>Textbook Rationale</b>				
No Value				
<b>Textbooks</b>				
<b>Author</b>	<b>Title</b>	<b>Publisher</b>	<b>Date</b>	<b>ISBN</b>
No Value	No Value	No Value	No Value	No Value
<b>Other Instructional Materials (i.e. OER, handouts)</b>				
<b>Description</b>	2019-20 and 2020-21 Women's Basketball Rules and Interpretations			
<b>Author</b>	National Collegiate Athletic Association.			
<b>Citation</b>	No value			
<b>Online Resource(s)</b>	No value			

## Learning Outcomes

### Course Objectives

Identify and analyze concepts of individual strategies.

Identify and analyze concepts of team strategies.

Utilize and apply film analysis and simulated game situations for competition.

Show advanced collegiate level skills.

Review and practice offensive schemes.

Review and practice defensive schemes.

Breakdown and apply practical and general knowledge of the game of basketball.

Model and apply practical and general knowledge of rules and decorum policies.

Integrate conditioning and weight training into daily practices.

Recognize the role of nutrition in athletic performance.

Demonstrate the ability to work with a team as a unit and develop team concepts.

### SLOs

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

<p>ILOs Core ILOs</p>	<p>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.</p>
	<p>Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or methodologies to solve unique problems.</p>

*ATHPE* Demonstrate and apply safety rules and procedures to effectively participate in physical movement.  
Core  
PLOs

**Integrate and execute advanced cooperative skills needed to perform at a high level of play.**

Expected Outcome Performance: 70.0

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

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

*ATHPE* Integrate and execute advanced cooperative skills needed to perform at a high level of play.  
Core  
PLOs

**Implement and apply technical and tactical skills necessary for collegiate competition.**

Expected Outcome Performance: 70.0

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

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

*ATHPE* Implement and apply conditioning, weight training, and sport specific skills necessary for collegiate competition.  
Core  
PLOs

## Additional SLO Information

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

No Value

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

No Value

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

No Value

**SLO Evidence**

No Value

## Course Content

### Lecture Content

#### Team Philosophies and Rules (1-3 hours)

- Sportsmanship
- Team rules
- Individual/team goal setting
- NCAA rules and regulations
- CCCAA Decorum Policies

**Safety for Women's Basketball (2-4 hours)**

- Proper warm-up
- Proper cool-down

**Understanding Team Dynamics (3-6 hours)**

- Creating a positive environment
- Effective communication under stress

**Nutritional Aspects of Effective Training (2-4 hours)****Definitions of Diversity, Inclusion, inequality and discrimination in Sports Competition (1 hour)**

- Gender
- Race/ethnicity
- Sexuality
- Religion

**Total Hours: 9-18****Laboratory/Studio Content****Fundamental Conditioning Skills for Women's Basketball (24-28 hours)**

- Agility
- Coordination
- Muscular strength
- Muscular and cardiovascular endurance
- Plyometric

**Advanced Fundamental Skills in Women's Basketball (27-54 hours)**

- Shooting techniques
- Passing techniques
- Dribbling techniques
- Defensive techniques

**Rebounding techniques Advanced Game Strategy (30-60 hours)**

- Selection of offensive and defensive systems
- Individual player positions
- Team lineup
- Application of offensive/defensive systems

**Total Hours: 81-162****Additional Information****Repeatability**

Repeatable

**Justification (if repeatable was chosen above)**

Intercollegiate academic or vocational competition courses where the course is part of a district-sanctioned competitive activity

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

No

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

No

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

Spring/Summer

**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