GROSSMONT COLLEGE

Official Course Outline

EXERCISE SCIENCE 207 – ADVANCED TECHNIQUES AND STRATEGIES OF INTERCOLLEGIATE BASKETBALL

1. Course Number Course Title Semester Units Hours

ES 207 Advanced Techniques and 1.0 *Based on an 18-week format*   
 Strategies of Intercollegiate 1 hour lecture: 16-18 hours

Basketball 32-36 outside-of-class hours   
 for lecture

48-54 total hours

2. Course Prerequisites

None

Corequisite

None

Recommended Preparation

None

3. Catalog Description

The instruction and practice in the advanced techniques and strategies of basketball. The course incorporates game experience in which to formulate an understanding by the student of the different styles of play. Serves as the Non-Traditional Season (NTS) preparation course for the intercollegiate team.

4. Course Objectives

The student will:

a. Describe and employ the advanced techniques and strategies of basketball. The course incorporates game experience in which to formulate an understanding by the student of the different styles of play.

b. Demonstrate the advanced techniques in offensive play in basketball.

c. Analyze and justify the offensive strategies of advanced team basketball.

d. Analyze and justify the defensive strategies of advanced team basketball.

e. Interpret and describe the different styles of defense, i.e., man-to-man, zone, pressing defenses, and analyze the best method of attacking a particular defense.

f. Identify the different styles of offensive strategy and select and set up a defense against a particular offense.

g. Develop the ability to analyze opponents’ offensive and defensive tactics and respond accordingly.

h. Interpret and describe rules of the NCAA basketball rule book.

5. Instructional Facilities

* 1. Access to the internet
  2. Regulation NCAA Gymnasium
  3. Film room/classroom
  4. Shower and locker facilities

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6. Special Materials Required of Student

1. Proper Basketball attire including proper footwear for a gymnasium floor.

7. Course Content

A structured lecture and lab format to include:

a. Discussion of the rules, terminology and strategies of basketball.

b. Practice in setting up offensive and defensive formations during natural situations.

c. Demonstration of varied individual and team skills.

d. Development of an analytic approach to opponent’s offense and defense.

8. Method of Instruction

Individual and group practices.

Lecture and Demonstration

Video analysis.

Non-Traditional Season (NTS)

9. Methods of Evaluating Student Performance

a. Observing the student’s fundamental basketball performance in game and practice situations.

b. Keep day-by-day charts and records of student performance and skills.

c. Grading of scouting reports.

d. Written exam on NCAA rules.

e. Written exam on Offensive and Defensive strategies.

10. Outside Class Assignments

a. Textbook reading assignment.

b. Scouting reports.

c. Reports on the various offenses and defenses (zone, man-to-man), passing game.

d. Reading assignments.

e. A minimum of 1-2 hours outside of the classroom doing assigned reading or skill practice.

11. Texts

a. Required text(s):

(1) Stier, William F. Coaching Modern Basketball. Old Tappan, NJ: Allyn and Bacon, 2015.

(2) NCAA. NCAA Men’s and Women’s Basketball Rules. Indianapolis, IN: National Collegiate Athletic Association, 2017

b. Supplementary texts and workbooks:

Instructor provided materials.

Addendum: Student Learning Outcomes

Upon completion of this course, our students will be able to do the following:

Demonstrate knowledge of strategies and rules, improvement of advanced techniques and skills and appreciation of basketball at the intercollegiate level

Date approved by the Governing Board: Nov. 10, 2020