



**LEARNING OBJECTIVES / GOALS / OUTCOMES / LEARNING OUTCOMES:**

At the conclusion of the course, the student will be able to:

1. describe the conceptual nature of basketball and volleyball;
2. describe and demonstrate the techniques involved in the performance of basketball and volleyball;
3. demonstrate an understanding of the tactics and strategies involved in the performance of basketball and volleyball;
4. develop an effective skill progression for the teaching of individual skills;
5. exhibit a knowledge of both quantitative and qualitative analyses of the games of basketball and volleyball.

**METHODS:**

Lectures, Discussion, Demonstrations, Practical Applications and Experiences, Group Projects, Field Observations.

**PRIOR LEARNING ASSESSMENT RECOGNITION (PLAR):**

Credit can be awarded for this course through PLAR (Please check:)     Yes                     No

**METHODS OF OBTAINING PLAR:**

Level II NCCP, practical and theory in both sports.

**TEXTBOOKS, REFERENCES, MATERIALS:**

[Textbook selection varies by instructor. An example of texts for this course might be:]

Krause, J. (1991). Basketball Skills and Drills. Champaign, IL: Human Kinetics.

Viera, B.L., & Ferguson, B.J. (1989). Volleyball: Steps to Success. Champaign, IL: Human Kinetics.

**SUPPLIES / MATERIALS:**

**STUDENT EVALUATION:**

[An example of student evaluation for this course might be:]

Exam #1 (Basketball)	25%
Exam #2	25%
Term Projects (2@10%)	20%
In-Class Presentation (2@10%)	20%
Class Participation/Performance	10%

**COURSE CONTENT:**

[Course content varies by instructor. An example of course content might be:]

The course will be divided into two, 6-week sessions, with the first 6 weeks devoted to basketball and the second 6 weeks devoted to volleyball. The course outline for each session will be the same, as follows:

- I. Introduction to the Sport
  - A. Historical Development of the Sport
  - B. Terminology of the Sport
  - C. Rule and Positional Concepts
  
- II. Individual Skill Techniques

- A. Individual Offensive Skills
- B. Individual Defensive Skills

### III. Team Tactics and Strategies

- A. Offense
- B. Defense
- C. Transitional Play

### IV. Analysis of Play

- A. Qualitative Analysis
  - 1. Elements
  - 2. Dimensions
  - 3. Hierarchies
    - a. Step
    - b. Task
- B. Quantitative Analysis
  - 1. Statistics
  - 2. Flow
  - 3. Time/Motion
  - 4. Performance/Outcome Analysis