

GEORGE MASON UNIVERSITY
College of Education and Human Development
Physical Activity for Lifetime Wellness

RECR 141– Introduction to Basketball
1 Credit, Fall 19
TR 9:00-10:15 am 10/15-12/19 Lynn Gym

Faculty

Name: Cindy Johnson
Office Hours: By appointment
Office Location: Lynn Gym
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Prerequisites : None

Course Description:

Introduces the basic elements of basketball, including dribbling, passing, shooting, tactics, and strategy.

Course Overview:

Students will describe and successfully use of the various techniques of dribbling, passing, and shooting. In addition, students will be able to explain the difference between one-on-one and zone defenses. An initial motor skill evaluation of dribbling and shooting will be given the first day to determine the skill level of all students. Those students who are already skilled at these tasks may be used for demonstration and will be separated appropriately during small-sided and full court games.

Participation is extremely important to the completion of in-class activity. All students will be expected to attend all class sessions, actively participate on the court and in-class discussions and complete any written assignments. Any assignments given must be turned in at the beginning of class on the specified date due or no credit will be given.

Course Delivery Method: This is an activity-based class.

Learner Objectives: At the conclusion of the course, students should be able to:

1. Dribble a basketball at least ninety feet with each hand without losing control of the ball.
2. Demonstrate a single hand set shot from a distance of ten to twenty feet from the basket.
3. Demonstrate a chest pass to a partner from five to ten feet at least three times.
4. Explain one-on-one coverage.
5. Explain the purpose of a zone defense.
6. Explain and demonstrate the following defenses: box, one-on-one, and zone.

Required Text:

No text. Handouts will be given as needed. Readings, diagrams, information, and videos will be placed on Blackboard. Students are required to view them as necessary.

Course Performance Evaluation:

Students are expected to submit all assignments on time in the manner outlined by the instructor (e.g., Blackboard, hard copy).

Attendance/Participation – 60%

5 points will be given each day with a deduction of 1 point for each *five minutes* that a student is late. Students must attend the entire class period and participate in the daily activities to receive full credit for the class. Attendance/Participation score will be the number of points you gained each day ***Unexcused absences and late arrivals could significantly affect your grade.*** The first day of class will count in the evaluation.

Participation will be graded on teamwork, sportsmanship, and cooperation toward instructor and classmates. Points

will be deducted for poor sportsmanship toward the instructor and fellow classmates. Absences are not excused without a Dr. note. The doctor's note must be presented immediately upon returning to class. Emailing the instructor does not excuse the student from class.

Skill Assessment – 10% - This will be done while students play on the court and during final skill assessment if needed.

Written Final 30% - The examination will cover the rules of the game, definitions, positions, and strategy learned in class. The test will be composed of true/false question and short answer questions.

GRADING SCALE (%):

A = 94 – 100	E + = 88 – 89	= 78 – 79	I = 60 – 69
A- = 90 – 93	B = 84 – 87	= 74 – 77	f = 0 – 59
	E - = 80 – 83	= 70 – 73	

Class policies:

1. Students with injuries or pre-existing conditions that may affect performance must inform the instructor.
2. Most of the communication outside of this class will be through GMU email.

Professional Dispositions

See <https://cehd.gmu.edu/students/policies-procedures/>

Day	Topic
1.	Skill Evaluation
2.	Dribbling, passing, pass off dribble,
3.	Set shots, basic rules of half-court games,
4.	Review dribbling, passing. Intro--Lay ups, One--on--one defense.
5.	Review dribbling, passing, lay ups, jump shot, One--on--one defense. Intro--Fast break
6.	Review dribbling w/emphasis on non-- dominant hand, Passing, lay ups, one--on--one defense, fast break. Intro-- Zone defense
7.	Review skills defenses. Intro-- Screens, pick and roll offense, Basic rules of full court games.
8.	Review skills, defenses, screens. Intro--Free throws
9.	Review rules, skills, defenses, offenses, free throws. Intro--Defending pick and rolls and zone offenses.
10.	Review skills and strategies.
11.	Review skills, rules. Intro--tactics.
12.	Review basic skills, rules, tactics. Skill assessments.
13.	Review basic skills, rules, tactics. Skill assessments.
14.	Review basic skills, rules, tactics, Skill assessments.
15.	Written exam, skill assessments.
16.	Games, skill assessments.

Games will be played each day. The number of participants will determine if games are full, half court, or other competitions.

Note: Faculty reserves the right to alter the schedule as necessary with notification to the student.

Core Values Commitment

The College of Education and Human Development is committed to collaboration, ethical leadership, innovation, research-based practice, and social justice. Students are expected to adhere to these principles: <http://cehd.gmu.edu/values/>.

GMU Policies and Resources for Students

Policies

- Students must adhere to the guidelines of the Mason Honor Code (see <https://catalog.gmu.edu/policies/honor-code-system/>).
- Students must follow the university policy for Responsible Use of Computing (see <http://universitypolicy.gmu.edu/policies/responsible-use-of-computing/>).
- Students are responsible for the content of university communications sent to their Mason email account and are required to activate their account and check it regularly. All communication from the university, college, school, and program will be sent to students **solely** through their Mason email account.
- Students with disabilities who seek accommodations in a course must be registered with George Mason University Disability Services. Approved accommodations will begin at the time the written letter from Disability Services is received by the instructor (see <http://ods.gmu.edu/>).
- Students must follow the university policy stating that all sound emitting devices shall be silenced during class unless otherwise authorized by the instructor.

Campus Resources

- Support for submission of assignments to Tk20 should be directed to tk20help@gmu.edu or <https://cehd.gmu.edu/aero/tk20>. Questions or concerns regarding use of Blackboard should be directed to <http://coursesupport.gmu.edu/>.
- For information on student support resources on campus, see <https://ctfe.gmu.edu/teaching/student-support-resources-on-campus>

For additional information on the College of Education and Human Development, please visit our website <https://cehd.gmu.edu/students/> .