

BASKETBALL – HEST 261

North Carolina State University
Department of Health & Exercise Studies
Fall 2016

COURSE: HEST 261 - Basketball
INSTRUCTOR: Kevin Moennich
OFFICE: 2042 Carmichael Gym
OFFICE HOURS: M/W 12:00pm-1:00pm, T/Th 12:45pm-1:45pm or by appointment
TELEPHONE: (919) 513-1552
EMAIL: kdmoeni@ncsu.edu
CREDITS: One
MEETING AREA: Court 1, Carmichael Gym
REQUIRED TEXT: Handouts from Instructor & Course Moodle Page Resources
OPTIONAL TEXT: Wissel, H. **Basketball: Steps to Success**. Human Kinetics Publishers, Inc. Champaign, IL. 2012. 3rd Edition. \$22.95.

RECOMMENDED TEXTS/READINGS/REFERENCES:

- www.usabasketball.com
- <http://www.breakthroughbasketball.com>
- <http://www.ihoops.com/>
- <http://www.youtube.com/>
- <http://www.fiba.com/>
- <http://basketballcoaching101.com>

COURSE DESCRIPTION: This course will give students an opportunity to apply fundamental skills and basic strategies in a game setting. Conditioning drills, skill practice, skill assessments, written exams, and team drills/sets will be included. General offensive and defensive principles will be covered along with a brief history of the sport.

Health Information Statement: Physical activities in this class are considered moderate to vigorous and are considered limited contact. The NC State Department of Health & Exercise Studies supports the development and improvement of physical health, while doing so safely. If you have a known medical condition that could be adversely affected by participating in the typical activities of this class, please contact your usual physician for recommendations about how to participate safely or whether it is more appropriate to choose a different HES course. If your physician has provided you with recommendations to modify participation in this class, please share those recommendations with the instructor within the first week of class, if possible. If you are not certain whether you have a medical condition that puts you at risk for participation in this class or have a medical condition and cannot access your usual physician in a timely manner for recommendations for safe participation, consider making an appointment at Student Health to discuss your concerns (appointment number is 919.515.7107 or book on-line at healthweb.ncsu.edu).

GEP Objectives for Courses in the Category of Health and Exercise Studies

Each course in the HES category of the General Education Program will provide instruction and guidance that help students to:

1. acquire the fundamentals of health-related fitness, encompassing cardio-respiratory and cardiovascular endurance, muscular strength and endurance, muscular flexibility and body composition; and
2. apply knowledge of the fundamentals of health-related fitness toward developing, maintaining, and sustaining an active and healthy lifestyle; and
3. acquire or enhance the basic motor skills and skill-related competencies, concepts, and strategies used in physical activities and sport; and
4. gain a thorough working knowledge, appreciation, and understanding of the spirit and rules, history, safety, and etiquette of physical activities and sport.

GEP/Course and Student Learning Outcomes

By the end of this course students will be able to:

1. demonstrate that they have learned the fundamentals of health-related fitness related to effectively playing basketball, such as enhancing cardiorespiratory and cardiovascular endurance muscular strength and endurance, and muscular flexibility, and;
2. apply what they have learned about the components of fitness for participation in basketball, and;
3. demonstrate the correct mechanics and motor skills for shooting, passing, catching and dribbling, court movement/footwork and;
4. apply the rules and strategies of basketball for ensuring safety and enhance play.

Clothing and Equipment

1. Department policy requires students to wear **gray departmental HES/PE shirt** for all activity classes. Students may obtain shirt via Carmichael Gym checkout for no charge (laundry included), OR students may purchase a departmental shirt from the NC State Bookstore. Purchase choices include men's/women's fittings in two different materials, including dri-fit.
 - Jewelry, rings, and earrings that cannot be removed must be taped or completely covered and secured.
 - A student will not be allowed to wear a hat or a bandanna during class.
2. Students will wear **shorts/pants** appropriate for the activity. Fabric will be option of student; color must be primarily **red, white, black, or gray**.
3. Athletic **shoes** appropriate for the activity are required.
4. **Sweats** are students' choice; no fabric restrictions. Color must be predominantly red, black, white, or gray. Students must have appropriate departmental shirt underneath sweats when/if sweats are removed.

GRADING CRITERIA:

1. 50% Skill Tests
2. 40% Written Final Exam
3. 5% Game Observation Assignment
4. 5% Gameplay Performance

Skill Tests (50%):

-Each skill test component has a 30 second time limit with the exception of free throws: score is based on a cumulative total of all skills

-The better of two testing cycles is taken

- 1. Dribbling/Agility Run:** Student must dribble in and out of the 9 cones, alternating the use of the right and left hands using cross-over, behind the back, between the legs and spin dribbles. One point is scored for each successful attempt.
- 2. Layups:** Student shoots lay-ups by starting behind 3-point arc, receive a pass and shoot a lay-up. They repeat this sequence for 30 seconds. One point is scored for each successful lay-up.
- 3. Free Throws:** Student attempts ten (10) free throws. One point is scored for each successful basket. (not 30 sec timed)
- 4. Elbow Shot:** Student shoots from either the right or left elbow on the court. One point is scored for each successful basket.
- 5. Footwork:** Student moves back and forth across the lane touching the opposite side each time in a side shuffle manner. One point is scored for each successful attempt.
- 6. Wall Passing:** Student stands ten feet from wall and makes a chest pass against the wall. One point is scored for each successful attempt.

Individual Skills Tests Scale

Men Accumulated Score	Women Accumulated Score	Grade Points	Percentage
110<	94<	50	100%
108-109	92-93	49	98%
106-107	90-91	48	96%
104-105	88-89	47	94%
102-103	86-87	46	92%
100-101	84-85	45	90%
98-99	82-83	44	88%
96-97	80-81	43	86%
94-95	78-79	42	84%
92-93	76-77	41	82%
90-91	74-75	40	80%
88-89	72-73	39	78%
86-87	70-71	38	76%
84-85	68-69	37	74%
82-83	66-67	36	72%
80-81	64-65	35	70%
78-79	62-63	34	68%
76-77	60-61	33	66%
74-75	58-59	32	64%
72-73	56-57	31	62%
70-71	54-55	30	60%
70>	54>	0	0%

Written Final Exam (40%):

- a. True – False
- b. Multiple Choice
- c. Matching
- d. Diagram Offensive and defensive sets

Game Observation Assignment (5%):

- Students will watch (TV or in person) a college or pro level basketball game and critique the game applying knowledge and topics from class.

Gameplay Performance (5%):

- a.) Team Play 5 on 5 (5 points)
 - Execution of a motion offense – cuts, cross & down screens (2 points)
 - Execution of successful & purposeful passes (1 point)
 - Execution of 2-3 zone or man-to-man defense with communication - (1 point)
 - Execution of proper rebounding technique – (1 point)

GRADING SCALE:

Each student has the option of taking the class for a letter grade (+/-), credit only, or audit.

97-100 = A+	93-96.99 = A	90-92.99 = A-
87 – 89.99 = B+	83-86.99 = B	80-82.99 = B-
77-79.99 = C+	73-76.99 = C	70-72.99 = C-
67-69.99 = D+	63-66.99 = D	60-62.99 = D-
0-59.99 = F		

****February 1, 2016**** Grade method (letter grade, S/U, audit) verification is the responsibility of the student; grade method changes cannot be made after the university deadline has passed.

ATTENDANCE:

Students are expected to attend all classes and to arrive and leave at the scheduled times. The instructor will adhere to the university attendance policy. In case of an excused absence, the student will be allowed to make up any written work missed within one week of returning to class. Students are responsible for submitting such work and for scheduling make-up exams with the instructor.

1. Students are expected to be in class, participating in activity, each class day.

Absences	Points
0	+ 2
1-2	0
3+	Failure

2. Attendance recording begins the first day of the semester.
3. Tardy two times = one absence
4. Students earning 2 extra credit points for perfect attendance cannot exceed 1 tardy.
5. For students registering late, all missed classes count as absences.

See http://www.ncsu.edu/policies/academic_affairs/courses_undergrad/REG02.20.3.php for more information.

REQUIREMENTS FOR CREDIT ONLY: In order to receive a grade of S, students are required to take all exams and quizzes, complete all assignments, and earn a grade of C- (70%) or better. A grade of U will be reported if the student exceeds 2 absences (excused or unexcused). Conversion from letter grading to credit only (S/U) grading is subject to university deadlines. Refer to the Registration and Records calendar for deadlines related to grading. For more details refer to:

http://www.ncsu.edu/policies/academic_affairs/courses_undergrad/REG02.20.15.php

Note: The student is responsible for requesting credit only grading on MyPack Portal by the University deadline.

REQUIREMENTS FOR AUDIT: Students must attend all classes except written exams and will be allowed two absences before NR will be recorded as a final grade. http://www.ncsu.edu/policies/academic_affairs/pols_regs/REG205.00.5.php

PARTICIPATION: This is a participation-based class. If you cannot participate in class for any reason, you will be considered absent.

INCOMPLETE GRADES:

http://www.ncsu.edu/policies/academic_affairs/grades_undergrad/REG02.50.3.php

Incomplete grades will be assigned only if unavoidable and unforeseen events occur, such as a medical emergency, preventing the student from completing a course requirement before the final grades are submitted. Incompletes must be made up before the end of the next regular semester in which the student is enrolled and in no case may be made up more than 12 months after the end of the semester in which the IN is awarded, unless the teacher or department offering the course is not able to provide the student with an opportunity to make up incomplete work, in which case the period can be extended. Make-up work is to be limited to accomplishing the work not completed.

LATE ASSIGNMENTS: No late assignments will be accepted.

ELECTRONIC HOSTED COURSE COMPONENTS: Students may be required to disclose personally identifiable information to other students in the course, via electronic tools like email or web postings, where relevant to the course. Examples include online discussions of class topics, and posting of student coursework. All students are expected to respect the privacy of each other by not sharing or using such information outside the course.

Online class evaluations will be available for students to complete during the last 2 weeks of semester. Students will receive an email message directing them to a website where they can login using their Unity ID and complete evaluations. All evaluations are confidential; instructors will not know how any one student responded to any question, and students will not know the ratings for any instructors.

Evaluation website: <https://classeval.ncsu.edu/>

Student help desk: classeval@ncsu.edu

More information about ClassEval: <http://www.ncsu.edu/UPA/classeval/>

GENERAL INFORMATION:

1. **Academic Integrity:** For all written assignments, students will be expected to adhere to the **University Honor Code**: “I have neither given nor received unauthorized aid on this test or assignment.” It is the understanding and expectation of the instructor that the student’s signature on any test or assignment means that the student neither gave nor received unauthorized aid. Consult the university website:
http://www.ncsu.edu/policies/student_services/student_discipline/POL11.35.1.php
2. **Students with Disabilities:** Reasonable accommodations will be made for students with verifiable disabilities. In order to take advantage of available accommodations, students must register with Disability Services Office at 1900 Student Health Campus Box 7509, 515-7653.
See <http://www.ncsu.edu/dso/>
For more information on NC State’s policy on working with students with disabilities, please see the **Academic Accommodations for Students with Disabilities Regulation** (http://www.ncsu.edu/policies/academic_affairs/courses_undergrad/REG02.20.1.php)
3. **Anti-Discrimination Statement:** NC State University provides equality of opportunity in education and employment for all students and employees. Accordingly, NC State affirms its commitment to maintain a work environment for all employees and an academic environment for all students that is free from all forms of discrimination. Discrimination based on race, color, religion, sex, creed, national origin, age, disability, veteran status or sexual orientation is a violation of state and federal law and/or NC State University policy and will not be tolerated. Harassment of any person (either in the form of quid pro quo or creation of a hostile environment) based on color, religion, sex, creed, national origin, age, disability, veteran status or sexual orientation is also a violation of state and federal law and/or NC State University policy and will not be tolerated. Retaliation against any person who complains about discrimination is also prohibited. NC State’s policies and regulations covering discrimination, harassment, and retaliation may be accessed at http://www.ncsu.edu/policies/campus_environ or http://www.ncsu.edu/equal_op . Any person who feels that he or she has been the subject of prohibited discrimination, harassment, or retaliation should contact the Office for Equal Opportunity (OEO) at 515-3148.
4. Due to the nature of the activities in this class, it may be necessary for safety reasons to have some amount of physical contact to assist in acquiring the proper form/technique. The student should inform the instructor if they do not want any physical contact to assist in acquiring proper form/technique.
5. Every fitness activity has certain inherent risks, and regardless of precautions taken it is impossible to ensure total safety. Adhere to all safety guidelines to reduce your risk of injury.
6. The use of illegal drugs, tobacco products, or alcoholic beverages is prohibited.

7. It may be appropriate to inform the instructor within the first week of class if you have any medical issues that would affect your participation throughout the semester in this course.
8. Pets and visitors are not allowed during class periods. Firearms, weapons, and/or fireworks are prohibited from class.
9. Cell phones must be turned off and stored away during class time. Anyone texting or using a cell phone during class time will be asked to leave class and will be marked absent.
10. Earrings and facial jewelry **MUST** be removed prior to activity
11. Strict safety guidelines will be adhered to during all class sessions. Any student will be dismissed from class for question regarding safety issues.

HEST 261 – Tentative Schedule of Class Topics and Assignments

Week	Monday	Wednesday
1 1/6	NO CLASS	Course introduction: Syllabus, Objectives, Safety Intro to Fundamentals/Basic Skills Passing & Dribbling Skills/Drills Intro to Rules/Violations
2 1/11 & 1/13	Receiving/Footwork Types of Dribbles Basic Defensive Principles Lay-ups & intro to cuts	Free Throws & Routine Jump Shots & review ball skills Shooting off a catch or dribble
3 1/18 & 1/20	NO CLASS – MLK DAY	Intro to screening Ball & off-ball screens Playing away from the ball Intro to team play (3v3) Rebounding
4 1/25 & 1/27	Post positioning & moves Half-court scrimmages Defensive Help & Recover <u>Game Observation Assignment due</u>	<u>SKILLS TEST CYCLE 1</u>
5 2/1 & 2/3	Communication Review Ball Movement/ Half-court strategy Review Spacing & Cutting Intro to Motion Offense (concepts & implementation)	Intro Full-court strategy Fast-break/Transition Intro to Set Plays
6 2/8 & 2/10	Zone defense (2-3) Zone offense: high post, baseline cuts (1-3-1)	Review full-court strategy & concepts Trapping Different styles of Play/Strategy/Tempo
7 2/15 & 2/17	Team Organized Play/Tournament <u>Game Performance Evaluation</u>	5 v 5 Team Play/Tournament <u>Game Performance Evaluation</u>
8 2/22 & 2/24	<u>**FINAL WRITTEN EXAM**</u> Room 125 Carmichael Gym	<u>SKILLS TEST CYCLE– 2nd Opportunity</u>