**JIMMA UNIVERSITY**

**COLLEGE OF NATURAL SCIENCES**

**DEPARTMENT OF SPORT SCIENCE**

**Basketball course out line**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Degree Program** | B.Sc Degree in Sport Science | | | | | **Last Updated September 2013** | | | |
| **Module Category** | Core Course | | | | | | | | |
| ***Module Title*** | Module 011: ball games (SpSc M2113) | | | | | | | | |
| ***Module coordinator*** |  | | | | | | | | |
| ***Course title /code*** | Basketball /SPSc 2113/ | | | | | | | | |
| ***Course* Weight** | 4 credit hr (7 ECTS) | | | | | | | | |
| ***Course Information*** | **Academic year Semester Meeting day Meeting time Meeting location** | | | | | | | | |
| ***Instructor’s Name*** | Mr. Tesfaye Damena(Ass. Professor) | | | | | | | | |
| ***Instructor’s Contact***  ***Information*** | *Office* | |  | | | | | | |
| *Cell Phone* | |  | | | | | | |
| *Email* | |  | | | | | | |
| *Office hour* | |  | | | | | | |
| **Mode of Delivery** | **Semester based** | | | | | | | | |
| ***Student Work Load*** | Lecture | Tutorial | | Individual work | Group work | | Assessme nt | Practical/fiel d work | Total |
| 24hr | 16hr | | 64hr | 15hr | | 10hr | 60hr | 189hr |
| ***Course***  ***Description/content*** | This course is designed to equip students with theoretical knowledge and practical skills of basketball. It contains history of basketball, Rules of basketball, Techniques and Tactics of basketball, advance skills of basketball, Analyzing fundamental techniques of basketball and Assessing performance of students in basketball. | | | | | | | | |
| ***Course objective*** | At the end of the course student will be able to**:**   Explain the Historical and basic International organizations of basketball   Apply the Laws of basketball game   Explain and Demonstrate basic techniques of basketball game   Describe and apply basic Tactics of the game | | | | | | | | |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Course Calendar and Delivery** | | | | | |
|  | **Date/**  **Week** | **Key topics** | **Teaching Methods** | **Suggested Reading** |  |
| Week  1 | **Chapter one**  Introduction to basketball   The historical background of basketball game   Rules of the game | Lecture  Group discussion  Group work  Presentation | Laws of the game 2010/2012,  FIBA  FIBA coaching manual  Page no. ..... |
| Week  2 & 3 | **Chapter two**  Basic techniques of basketball  game (theoretical) Techniques: **without ball**   basic stance   foot work  **with ball**   ball handling  **passing & catching**   chest pass   bounce pass  -one hand bounce pass  -two hand bounce pass   shoulder pass   over head pass   base ball pass / long pass/  fast break pass | Lecture  Project Work  Group work  Presentation  Group discussion | FIBA coaching manual  Greg Bach (2007); ***Coaching basket ball for dummies***.  Bill Simmons( 2009);***The book of basketball.*** Vaughan Thomas (1972), ***Basket ball techniques and tactics.***  Smith, Dean (1999).  *Multiple Offense and Defense* |
| Week  4 | **Chapter three**  **Dribbling**   Basic stance   Low dribble   Medium dribble   High dribbling | Project Work  Group work Demonstration Presentation | Coaching basketball  successfully  la84 foundation basketball coaching manual,  2001 - 2012 LA84 Foundation  FIBA coaching manual  Greg Bach (2007); ***Coaching basket ball for dummies***. |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  |  | **Shooting**   Lay-up shot  -Under arm  -Over arm   Set shot   Jump shot   Hook shot   dank shot  **Defensive techniques**  **Tactics**   individual   group   team |  | Bill Simmons( 2009);***The***  ***book of basketball.*** Vaughan Thomas (1972), ***Basket ball techniques and tactics.***  Smith, Dean (1999).  *Multiple Offense and Defense*  And others |  |
|  | | | | | |
|  | **Date/**  **Week** | **Key topics** | **Teaching Methods** | **Suggested Reading** |  |
| Week  5&6 | **Chapter four Practical program** Conditioning Methods  - Endurance and speed  - Pressure training  - Strength and power  - Circuit training program  - Mobility/Agility | Demonstration  Video  Photo sequence  Diagrams and others | Coaching basketball  successfully  la84 foundation basketball coaching manual,  2001 - 2012 LA84 Foundation  And others |
| Week  7 & 9 | **Chapter five**  Basic techniques of basketball  game (theoretical) Techniques: **without ball**   basic stance   foot work  -change of speed / accel.  -change of direction  -change of speed and direction  -one count stop  -two count stop  -pivot | Demonstration  Video  Photo sequence  Diagrams and others | Coaching basketball  successfully  la84 foundation basketball coaching manual,  2001 - 2012 LA84 Foundation  FIBA coaching manual  Greg Bach (2007); ***Coaching basket ball for dummies***.  Bill Simmons( 2009);***The***  ***book of basketball.*** Vaughan Thomas (1972), ***Basket ball techniques and tactics.***  Smith, Dean (1999).  *Multiple Offense and Defense* |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  |  | -cuts  **with ball**   ball handling  **passing & catching**   chest pass   bounce pass  -one hand bounce pass  -two hand bounce pass   shoulder pass   over head pass   base ball pass / long pass/  fast break pass |  | And others |  |
| Week  10  &11 | **Dribbling**   Basic stance   Low dribble   Medium dribble  -Cross over  -Behind back  -Between leg   High dribbling  **Shooting**   Lay-up shot  - Under arm  -Over arm   Set shot   Jump shot   Hook shot   dank shot  **Defensive techniques**   Basic stance  **Attacking techniques**   Fast break   give and go | Demonstration  Video  Photo sequence  Diagrams and others | Coaching basketball  successfully  la84 foundation basketball coaching manual,  2001 - 2012 LA84 Foundation  FIBA coaching manual  Greg Bach (2007); ***Coaching basket ball for dummies***.  Bill Simmons( 2009);***The book of basketball.*** Vaughan Thomas (1972), ***Basket ball techniques and tactics.***  Smith, Dean (1999).  *Multiple Offense and Defense*  And others |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | | | | | |
|  | **Date/ Week** | **Key topics** | **Teaching Methods** | **Suggested Reading** |  |
| Week  12 &  13 | **Chapter six**  **Tactics**   individual   group   team  **Defense**   Zonal   Man to man  **Offense**   **Individual**   **Team** | Demonstration  Video  Photo sequence  Diagrams and others | Coaching basketball  successfully  la84 foundation basketball coaching manual,  2001 - 2012 LA84 Foundation  And others |
| Week  13 &  14 | **Team play**   3 on 3   4 on 4   5 on 5 | Demonstration  Video  Photo sequence  Diagrams and others | Coaching basketball  successfully  la84 foundation basketball coaching manual,  2001 - 2012 LA84 Foundation  FIBA coaching manual  Greg Bach (2007); ***Coaching basket ball for dummies***.  Bill Simmons( 2009);***The book of basketball.*** Vaughan Thomas (1972), ***Basket ball techniques and tactics.***  Smith, Dean (1999).  *Multiple Offense and Defense* |
| Week  15 | **Chapter seven**  **Basics of team formation**   3 - 2   2 - 3 etc. | Demonstration  Video  Photo sequence  Diagrams and others | Coaching basketball  successfully  la84 foundation basketball coaching manual,  2001 - 2012 LA84 Foundation  And others |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Assessment Techniques** | | | |  |
| **Type of Assessment** | | **Assessment Date** | **Assessment**  **Weight** | **Competency to be assessed** |
| **Quiz** | | **Week 3** | **10%** | **Chapter 2** |
| **Practical** | | **Week**  **5,7,9,11,13,and**  **15** | **60%** | **Chapter 3 up to 7** |
| **Final Examination** | | **Week 16** | **30%** | **Chapter summery** |
| **Course**  **policies** | **A. Grading:** As per the academic policy of the university.  **B. Attendance policy: As per the legislation of the university**  **C-Class Participation:** The success of this class and your learning experience is dependent on your engagement and participation. You should come well prepared and constructively engage in class discussions.  **D/ Class format:** Since this course is highly engaged with practical/field work, the number of students per section must be thirty (30). These thirty students will be organized in groups (1 to 5 group placement) and have their own coordinator/group leader. These coordinators have the mandate to control the group, to over hand materials from the instructor, to keep the discipline of the group and initiate members to participate highly.  **E-Class Discipline:** “In each and every aspect of life discipline comes first and worth a lot”; this is what department of Sport Science reflects. As a result of this any noise, chatting, chewing gum and the like are strictly forbidden in every session. In addition to these portable electronic media and communicative devices such as cell phones, MP3 players, I pods etc are not be used during lecture and examination for any reason. Thus, these devices should be switched off and kept out of sight.  **F-Dress Code:** all students will need to wear suitable and proper sportswear in each and every practical class. | | | |

Reference 1. FIBA coaching manual

2. Greg Bach (2007); ***Coaching basket ball for dummies***.

3. Bill Simmons( 2009);***The book of basketball.***

4. Vaughan Thomas (1972), ***Basket ball techniques and tactics.***

5. Smith, Dean (1999). *Multiple Offense and Defense*