

**PEMJ 115**  
**Basketball**  
1 Credit

Community College of Baltimore County  
Common Course Outline

**Description**

**PEMJ 115 – Basketball:** exposes students who are physical education majors to the game of basketball, with an emphasis on teaching methodology. Students explore the principles of teaching individual fundamentals of basketball skills. An emphasis is placed on basic team offenses, basic team defenses, and game rules.

**Overall Course Objectives**

Upon completion of this course, students will be able to:

1. apply the offensive skills of dribbling, passing, shooting, and rebounding;
2. apply the defensive skills of body positioning, defending a shot, taking a charge, and rebounding;
3. outline the basic rules of basketball;
4. identify the proper equipment used by game participants;
5. apply game management in real game situations;
6. distinguish court size and proper spacing for game participants;
7. explain multiple offensive systems commonly used;
8. recall multiple defensive systems commonly used; and
9. develop a basketball conditioning plan.

**Major Topics**

- I. Proper warm-up and cool-down
- II. Basketball focused training
  - a. Conditioning drills
  - b. Speed drills
  - c. Agility drills
- III. Footwork
  - a. Offense
  - b. Defense
- IV. Dribbling
- V. Shooting
- VI. Passing
- VII. Team concepts
  - a. Offense
  - b. Defense

The Common Course Outline (CCO) determines the essential nature of each course.  
For more information, see your professor's syllabus.

### **Course Requirements**

Grading will be determined by the individual faculty member, but shall include the following, at minimum:

- Attendance and active participation
- One written exam
- One written assignment
- Two teaching demonstrations
- Three practical skills assessments

Written assignments and research projects: Students are required to use appropriate academic resources in their research and cite sources according to the style selected by their professor.

### **Other Course Information**

This course requires strenuous physical activity. This course may require you to obtain physician permission pending the health history questionnaire.

Date Revised: 2/4/2020