

Common Course Outline

PETA 110

Field Games and Basketball

2 Semester Hours:

The Community College of Baltimore County

Description

Field Games and Basketball

deals with progressive techniques and selected field games in the first seven weeks; provides an in-depth study of basketball in the second seven weeks. This course may be used to fulfill 2 elective credits

Overall Course Objectives X Flag Football

Upon successful completion of this course the student will be able to:

1. demonstrate fundamental skills of flag football including passing, catching and punting;
2. identify the eleven offensive and defensive positions of the team;
3. identify the basic offensive running and passing plays for flag football;
4. identify the precautionary measures to minimize hazardous play in flag football including blocking and tackling, defensive play when attempting to secure flag, and ball carrier restrictions;
5. list and define the fouls and penalties of flag football;
6. identify the safety precautions when playing flag football;
7. identify the playing courtesies of flag football.

Major Topics X Flag Football

1. Skills necessary to play Flag Football
2. Positions of Offense and Defense
3. Basic Offensive Running and Passing Plays
4. Ways to Minimize Hazardous Play
5. Fouls and Penalties of Flag Football
6. Safety Factors to consider
7. Playing Courtesies

Overall Course Objectives X Basketball

Upon successful completion of this course the student will be able to:

1. demonstrate the fundamental skills of basketball including passing, catching, shooting and dribbling;
2. demonstrate the individual defensive skills including stance, guarding man with the ball, guarding man without the ball, center defense and defensive help;
3. demonstrate team defenses including man to man, zone, combinations and presses;
4. demonstrate individual offensive skills including being a receiver, faking and feinting, triple threat position, driving to the basket, using screens and picks, two man plays and three man plays;
5. identify the team offense situations including man to man offensive sets, zone offensive sets, offense verses zone presses and man to man presses and controlled fast break;

6. identify rebounding techniques including positioning, blocking out, getting the ball and outlet pass;

Major Topics X Basketball

1. Fundamental Skills - Passing, Catching, Shooting, Dribbling
2. Individual Defensive Skills
3. Team Defense Skills
4. Individual Offensive Skills
5. Team Offensive Situations
6. Individual Rebounding Skills

Course Requirements

1. Minimum of one written test
2. Minimum of one skill test
3. Participation in activity labs

Other Course Information

The Community College of Baltimore County is committed to providing a high-quality learning experience that results in a growth in knowledge, attitudes, and skills necessary to function successfully as a transfer student, in a career and as a citizen. To accomplish this goal, we maintain high academic standards and expect students to accept responsibility for their individual growth by attending class, completing all homework and other assignments, participating in class activities and preparing for tests.