

# KINE-285: MEN'S BASKETBALL TEAM

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**Effective Term**

Fall 2026

**CC Approval**

12/05/2025

**AS Approval**

12/11/2025

**BOT Approval**

12/18/2025

**COCI Approval**

02/25/2026

**SECTION A - Course Data Elements**
**CB04 Credit Status**

Credit - Degree Applicable

**Discipline**

Minimum Qualifications	And/Or
Coaching (Any Degree and Professional Experience)	Or
Physical Education (Master's Degree)	

**Subject Code**

KINE - Kinesiology

**Course Number**

285

**Department**

Kinesiology

**Division**

Kinesiology &amp; Athletics

**Full Course Title**

Men's Basketball Team

**Short Title**

Men's Basketball Team

**CB03 TOP Code**

0835.50 - Intercollegiate Athletics

**CIP Code**

31.0501

**CB08 Basic Skills Status**

NBS - Not Basic Skills

**CB09 SAM Code**

E - Non-Occupational

**Rationale**

Eliminate Dangling Hours

## **SECTION B - Course Description**

### **Catalog Course Description**

This course is designed for the competitive basketball player who will represent Napa Valley College in intercollegiate play. Repeatable for credit three times.

## **SECTION C - Conditions on Enrollment**

### **Open Entry/Open Exit**

Yes

### **Repeatability**

Repeatable 3 Times

### **Justification for awarding credit more than once**

Intercollegiate athletics (either a course in which student athletes are enrolled to participate in an organized competitive sport sponsored by the district or conditioning course which supports the competitive sport)

### **Grading Options**

Letter Grade or Pass/No Pass

### **Allow Audit**

Yes

## **Requisites**

## **SECTION D - Course Standards**

### **Is this course variable unit?**

Yes

### **Units**

0.50

### **Units Maximum**

3.00

### **Lab Hours**

27.00

### **Lab Hours Maximum**

162

### **Outside of Class Hours**

0

### **Outside of Class Hours Maximum**

0

### **Total Contact Hours**

27

### **Total Contact Hours Maximum**

162

### **Total Student Hours**

27

### **Total Student Hours Maximum**

162

## **Distance Education Approval**

### **Is this course offered through Distance Education?**

Yes

**Online Delivery Methods**

DE Modalities	Permanent or Emergency Only?
Hybrid	Emergency Only

**SECTION E - Course Content****Student Learning Outcomes**

**Upon satisfactory completion of the course, students will be able to:**

1. Demonstrate the skills and utilize strategies required to participate in intercollegiate basketball.

**Course Objectives**

**Upon satisfactory completion of the course, students will be able to:**

1. Understand the governing rules and regulations.
2. Demonstrate knowledge of individual and team skills and will employ proper techniques.
3. Demonstrate knowledge of offensive and defensive strategies.
4. Analyze team performance.
5. Demonstrate sportsmanship.
6. Set up individual strength and conditioning programs.
7. Evaluate and critique individual performance during games and practice.

**Course Content**

1. Offensive skills
  - a. Individual
    - i. Footwork
    - ii. Ball handling
    - iii. Passing
    - iv. Shooting
  - b. Team
    - i. Philosophy Vs. Man-to-man Defense
    - ii. Philosophy Vs Zone Defense
    - iii. Attacking a Press
    - iv. Protecting a lead
    - v. Special Situations
2. Defensive skills
  - a. Individual
    - i. Defensive footwork
    - ii. On ball Stance
    - iii. Off ball Positioning
  - b. Team
    - i. Man-to-Man Defensive Philosophy
    - ii. Zone Defensive Philosophy
    - iii. Full Court Pressing
    - iv. Special Situations
3. Additional Topics
  - a. Strength and Conditioning
  - b. Game and Film Analysis
  - c. Statistical Analysis
  - d. NCAA & COA Rules and Regulations
  - e. Sportsmanship
  - f. Psychology of Sport

## Methods of Instruction

### Methods of Instruction

Types	Examples of learning activities
Activity	Students will participate in and compete at the given sport.
Lecture	<ol style="list-style-type: none"> <li>1. Game strategies will be analyzed.</li> <li>2. Game analysis.</li> <li>3. Conditioning best practices.</li> <li>4. Psychology of sports.</li> <li>5. Offensive and defensive skills and strategies.</li> </ol>
Other	<p>Group Drills: Students will do drills to enhance their tactical understanding of basketball.</p> <p>Individual Technique Drills: Students will do drills to enhance their personal basketball skills.</p> <p>Teamwork: Students will prepare in a team setting to compete with other college teams.</p>

### Online Adaptation

Types	Examples of learning activities
Discussion	Students will participate in online discussion through Message Boards and/or Video conference.
Lecture	Students will review online lectures.

### Instructor-Initiated Online Contact Types

Announcements/Bulletin Boards  
 Chat Rooms  
 Discussion Boards  
 E-mail Communication  
 Telephone Conversations  
 Video or Teleconferencing

### Student-Initiated Online Contact Types

Chat Rooms  
 Discussions

### Course design is accessible

Yes

## Methods of Evaluation

### Methods of Evaluation

Types	Examples of classroom assessments
Projects	Students are required to scout and do opponent game analysis.
Other	Participation in practice and games. Completion of training program. Completion of self and team evaluation. Cooperative attitude.

## Assignments

### Reading Assignments

Students will be required to read handouts on nutrition-such as USDA Rate Your Plate.  
 Students will be required to read offensive and defensive strategy handouts.

### Writing Assignments

Students will be required to develop a written practice plan.  
 Students will be required to complete a written video analysis.

### Outside-of-Class Assignments

Students will be required to develop practice plan and evaluate performance.

Students will be required to participate in conference and nonconference play.  
 Competition will take place evenings and weekends.  
 Students will be required to conduct video analysis.

## **SECTION F - Textbooks and Instructional Materials**

### **Material Type**

Textbook

### **Author**

NCAA

### **Title**

2022-23 Men's Basketball Rules Book

### **Publisher**

National Collegiate Athletic Association

### **Year**

2022

### **Rationale**

The NCAA Basketball Rules Committee only releases rules changes for publication annually.

### **ISBN #**

1042-3877

### **Material Type**

Other required materials/supplies

### **Description**

The primary resource material for students are handouts prepared by the coach.

## **SECTION G - Diversity, Equity and Inclusivity**

### **How does your course and/or course outline of record reflect strategies for accommodating and engaging diverse student populations, advancing equitable outcomes, and fostering inclusion for all students?**

This course supports diversity and inclusion by welcoming all participants, offering exercise modifications for different abilities, and fostering respect and encouragement. This ensures everyone can participate, grow, and feel valued, creating a stronger, more inclusive community.

### **Course Codes (Admin Only)**

#### **CB00 State ID**

CCC000616744

#### **CB10 Cooperative Work Experience Status**

N - Is Not Part of a Cooperative Work Experience Education Program

#### **CB11 Course Classification Status**

Y - Credit Course

#### **CB13 Special Class Status**

N - The Course is Not an Approved Special Class

#### **CB23 Funding Agency Category**

Y - Not Applicable (Funding Not Used)

**CB24 Program Course Status**

Program Applicable

**Allow Pass/No Pass**

Yes

**Only Pass/No Pass**

No