

KINE-286: WOMEN'S BASKETBALL TEAM

Effective Term

Fall 2026

CC Approval

12/05/2025

AS Approval

12/11/2025

BOT Approval

12/18/2025

COCI Approval

02/06/2026

SECTION A - Course Data Elements

CB04 Credit Status

Credit - Degree Applicable

Discipline

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

Subject Code

KINE - Kinesiology

Course Number

286

Department

Kinesiology

Division

Kinesiology & Athletics

Full Course Title

Women's Basketball Team

Short Title

Women'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 and Diversity.

SECTION B - Course Description

Catalog Course Description

This is a course 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

No

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 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. Set up individual strength and conditioning programs.
6. Evaluate and critique individual performance during games and practice.
7. Demonstrate positive sportsmanship, team and individual responsibility.

Course Content

1. Offensive skills
 - a. Individual
 - i. Footwork
 - ii. Ball handling
 - iii. Passing
 - iv. Shooting
 - b. Team
 - i. Against Zone Defense
 - ii. Against Man-to-Man Defense
 - iii. Against Press Defense
 - iv. Special Situations
2. Defensive skills
 - a. individual
 - i. Footwork
 - ii. On ball
 - iii. Off ball
 - b. Team
 - i. Zone Concepts
 - ii. Man-to-Man Concepts
 - iii. Full Court Press Concepts
3. Rebounding
 - a. Offensive
 - b. Defensive
4. Additional Topics
 - a. Strength and Conditioning Programs
 - b. Game and Film Analysis - Statistical Analysis
 - c. NCAA, COA Rules and Regulations
 - d. Sportsmanship, team and individual responsibility
 - e. Psychology of Sport

Methods of Instruction

Methods of Instruction

Types	Examples of learning activities
Activity	Students will demonstrate offensive and defensive skills sets. Students will participate in game scenarios. Students will analyze individual and game film. Students will develop and master skills for defense and offense.
Observation and Demonstration	Students will observe and analyze game and practice film. Students will compete in intercollegiate competitions. Coach will show students proper form and movement in laying basketball.
Mediated Learning	Students will view and analyze films of games.

Online Adaptation

Types	Examples of learning activities
Discussion	Students will participate in Message Boards and Video Chats.
Journal	Students will journal view and analyze films of games.

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
 Group Work

Course design is accessible

No

Methods of Evaluation

Methods of Evaluation

Types	Examples of classroom assessments
Class Participation	Students will be required to demonstrate offensive and defensive skills. Students will analyze individual and team performance. Students will participate in intercollegiate competition.
Lab Activities	Offensive/defensive skills on/off ball drills game strategies individual skill development.
Other	Participation in practice and games. Completion of training program. Completion of self and team evaluations. Development and enhancement of cooperative attitude.

Assignments

Reading Assignments

Students will be required to read handouts as assigned by coach.
 Students will be required to read the NVC Student Athlete Handbook.

Writing Assignments

Students will be required to develop practice plan and evaluate performance.
 Students will be required to write reviews of their game performance.
 Students will be required to conduct game and individual film analysis.

Outside-of-Class Assignments

Students will be required to participate in conference and non-conference play.

Competition will take place evenings and weekends.

SECTION F - Textbooks and Instructional Materials

Material Type

Textbook

Author

National College Athletic Association

Title

2025-2026 NCAA Manual and Rule Book

Publisher

NCAA

Year

2025

Rationale

There is no ISBN because the NCAA is only doing online PDF versions this year.

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

CCC000616745

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