

USCDornsife

Physical Education Program

Physical Education
<http://www.usc.edu/dept/LAS/phed>

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Beginner Basketball: 156A

Course Description

To provide basic skill development in the fundamental techniques of passing, dribbling, shooting, offense, defense, history and rules of the game.

Course Objectives

1. To present the basic fundamentals of basketball in a format that will enable a novice to develop a foundation on which to build.
2. For individuals who have had some experience in basketball, to be able to start where they are and to improve and enhance their skill acquisition.
3. To develop coordination, strength and endurance, through participation in an active game requiring running, jumping, and throwing.
4. To develop skill in the execution of the fundamentals of the game to provide for enjoyable participation by the individual.
5. To develop an understanding and appreciation for the game of basketball.

Attending class and being on time are extremely important. To improve your physical fitness requires regular participation in class activities. Learning is based on a scope and sequence approach and is developed through practice and repetition. Failure to attend class regularly may hinder one's ability to obtain certain required performance levels and thus may lower your grade. There are no class make ups. Also, no make ups are given for missed exams. In case of absence, you will be held accountable for all work missed. Athletic type clothing and athletic shoes are required. For safety reasons, those not properly attired will not be allowed to participate.

Learning Objectives

Students will understand the importance of sound health and fitness principles as they relate to better health and will be able to:

Recognize the physical and mental benefits of increased activity.

Determine factors involved with development, fitness levels and training strategies

Students will be exposed to a variety of activities providing them the opportunity to:

Apply learned fundamental skills.

Utilize physical activity as a tool to manage stress.

Empower themselves by setting and working toward realistic individual goals.

Participate in active learning to stimulate continued inquiry about physical education, health and fitness.

Students will demonstrate proficiency through knowledge and acquired skills enabling them to:

Assess individual levels of fitness components.

Develop an appreciation of physical activity as a lifetime pursuit and a means to better health.

Course Notes:

Bring proper dress attire for the class. This includes **basketball shoes, athletic shorts and t-shirt. Ankle braces are recommended but not mandatory.**

Supplementary Materials

Supplementary materials will be handed out in class.

Description and Assessment of Assignments

There will be a midterm and final exam. Both exams will consist of true and false, multiple choice and short essay totaling 100 points.

Grading Breakdown

Cognitive: 50% Midterm - 30% Final Exam - 30%

Psychomotor: 50% Skill Assessment – 10% Class Participation – 30%

Course Schedule: A Weekly Breakdown

Weeks 1	Skill Assessment
Week 2	Dribbling and Passing
Week 3	Mid and long range Shooting
Week 4	Movement and Positioning
Week 5	Basic rules and Violations
Week 6	Fast Breaks
Week 7	Team Offenses – Motion, Triangle, Flex, Zone
Week 8	Midterm Exam
Week 9	Defense: man to man
Week 10	Zone Defense
Week 11	Rebounding
Week 12	Free Throws
Week 13	Sport Specific Conditioning and Plyometrics
Week 14	Skill Assessment
Week 15	Final Exam (Comprehensive) – Last Day of Class

USC Physical Education IS NOT responsible for any lost, stolen or damaged property. If you choose to bring any valuables to class, it is strongly recommended that they be locked up during class. Lockerrooms are available in the PE building and the Lyons Center.

Statement on Academic Conduct and Support Systems

Academic Conduct:

Plagiarism – presenting someone else’s ideas as your own, either verbatim or recast in your own words – is a serious academic offense with serious consequences. Please familiarize yourself with the discussion of plagiarism in SCampus in

Part B, Section 11, “Behavior Violating University Standards” policy.usc.edu/scampus-part-b. Other forms of academic dishonesty are equally unacceptable. See additional information in SCampus and university policies on scientific misconduct, <http://policy.usc.edu/scientific-misconduct>.

Support Systems:

Student Counseling Services (SCS) – (213) 740-7711 – 24/7 on call

Free and confidential mental health treatment for students, including short-term psychotherapy, group counseling, stress fitness workshops, and crisis intervention. engemannshc.usc.edu/counseling

National Suicide Prevention Lifeline – 1 (800) 273-8255

Provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week. <http://www.suicidepreventionlifeline.org>

Relationship and Sexual Violence Prevention Services (RSVP) – (213) 740-4900 – 24/7 on call

Free and confidential therapy services, workshops, and training for situations related to gender-based harm. engemannshc.usc.edu/rsvp

Sexual Assault Resource Center

For more information about how to get help or help a survivor, rights, reporting options, and additional resources, visit the website: sarc.usc.edu

Office of Equity and Diversity (OED)/Title IX Compliance – (213) 740-5086 Works with faculty, staff, visitors, applicants, and students around issues of protected class. equity.usc.edu

Bias Assessment Response and Support

Incidents of bias, hate crimes and microaggressions need to be reported allowing for appropriate investigation and response. studentaffairs.usc.edu/bias-assessment-response-support

The Office of Disability Services and Programs

Provides certification for students with disabilities and helps arrange relevant accommodations. dsp.usc.edu

Student Support and Advocacy – (213) 821-4710

Assists students and families in resolving complex issues adversely affecting their success as a student EX: personal, financial, and academic. studentaffairs.usc.edu/ssa

Diversity at USC

Information on events, programs and training, the Diversity Task Force (including representatives for each school), chronology, participation, and various resources for students. diversity.usc.edu

USC Emergency Information

Provides safety and other updates, including ways in which instruction will be continued if an officially declared emergency makes travel to campus infeasible. emergency.usc.edu

USC Department of Public Safety – UPC: (213) 740-4321 – HSC: (323) 442-1000 – 24-hour emergency or to report a crime.

Provides overall safety to USC community. dps.usc.edu