

Physical Education

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

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Beginner Basketball: 156A

Course Description

Beginner Basketball is designed to develop beginning basketball skills. This class will meet once a week but those unable to attend will be subject to an alternative assignment that would be generated through an online platform. It will provide the participant with knowledge and skills commensurate with playing beginning basketball and improve the health-related components of fitness through a variety of drills and play. This course will also give students an overall historical background and understanding of the sport of basketball.

Web Resource

Course materials may be found on Blackboard. You are responsible for regularly checking that ecosystem for discussion board and emails for information and messages.

Course Objectives

Following activities and assigned reading, students will be able to demonstrate through class activities/assignments, skills tests, and written exams,

- Knowledge of fundamental skills, rules, and techniques of basketball.
- Proficiency in execution of the basketball skills covered.
- An understanding of the history, rules, strategies, current research, safety and etiquette associated with basketball, as well as some of the greatest, most influential players to play the game.
- An understanding of the mental and physical health benefits to be derived from basketball.
- An appropriate level of proficiency in personal fitness as it relates to components such as cardiovascular endurance, muscular strength and endurance, flexibility, body composition, balance, coordination, and agility.

Learning Outcomes

After completion of the physical activity graduation requirement, students shall be able to:

- Demonstrate proficiency in the execution of the motor/sport skills appropriate to the specific activities completed.
- Identify and/or explain the applicable history, rules, strategies, current research, safety, and etiquette related to the specific activities completed.
- Identify and/or explain the benefits of physical activity as related to physical and mental health.
- Demonstrate basic fundamentals including passing, shooting, dribbling, and rebounding
- Understand the basic principles of offense and defense, as well as articulate appropriate game strategies
- Understand the importance of teamwork and communication and how it affects the game both positively and negatively

Text/Readings

- This course does not require any textbooks, all assignments and required readings will be posted on Blackboard.

Course Notes

- Class protocol: **Students are expected to arrive on time and participate fully in all activities throughout the class period. Your participation will be assessed and formulated into your final grade.**
- Proper ‘basketball attire’ is expected - if you have questions regarding this, please come see me.
- If you are sick and physically unable to come to class, please email me in advance considering participation is a large portion of your overall grade.
- Turn cell phone off and put away for the duration of the class. Interactions with classmates and the instructor are expected to be respectful at all times.
- Recording class: Instruction may not be recorded. If classmates ask you to record their performance for later review make sure it is done before or after class rather than during class. Do not post or otherwise share the recording.
- Intellectual property: Course materials developed by the instructor (e.g., exam/quiz items, videos, lecture notes), are the instructor’s intellectual property and cannot be shared or uploaded in any form publicly without the instructor’s approval.
- If you have pre-existing medical or physical issues you should consult your physician before participating in this class and alert the instructor to any required limitations.
- Report any accidents to the instructor immediately.
- Exam & Tests may NOT be made up, unless under extreme circumstances in which have been communicated and approved by me in advance

Course Requirements, Assignments, and Grading -

Cognitive: 50% Midterm: 30% Final Exam: 30%
Psychomotor: 50% Skill Assessment: 10% Class Participation: 30%

Grading Scale:

97% -100% - A+	87% - 89% - B+	77% - 79% - C+	67% - 69% - D+
93% - 96% - A	83% - 86% - B	73% - 76% - C	63% - 66% - D
90% - 92% - A-	80% - 82% - B-	70% - 72% - C-	60% - 62% - D-
			Below 60% - F

Course Calendar (subject to change with fair notice by announcement in class and/or email)

Week	Course Content (Assignments, Exams/Quizzes, ...)
1	Course Introduction, Basic Rules & Violations & Skill Assessment
2	Footwork & Dribbling
3	Short, Mid & Long-Range Shooting
4	Passing
5	Fast Breaks and Transition
6	Team Offense (Motion & Flex)
7	Midterm Exam
8	Sports Specific Conditioning & Plyometrics
9	Man to Man and Zone Defense
10	Rebounding & Boxing Out
11	Team Strategies
12	Team Play
13	Skill Assessment

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