



**A:** Division: **Science & Technology**

Date: **November 23, 2000**

**B:** Department/  
Program Area: **Sport Science**

New Course

Revision

If Revision, Section(s) Revised: **C**

Date Last Revised:

**November 12, 1996**

**C: SPSC 324**

**D: Performance Analysis: Basketball and Field Hockey**

**E: 3**

Subject & Course No.	Descriptive Title	Semester Credits
<p><b>F:</b> Calendar Description: This course will provide students with a knowledge of theory and practises in basketball and field hockey. Topics include qualitative and quantitative analysis of each sport as well as the study of the respective techniques, concepts, tactics and strategies of each sport.</p>		
<p><b>G:</b> Allocation of Contact Hours to Types of Instruction/Learning Settings</p> <p>Primary Methods of Instructional Delivery and/or Learning Settings:</p> <p><b>Lecture/Practice</b></p> <p>Number of Contact Hours: (per week / semester for each descriptor)</p> <p><b>4</b></p> <p>Number of Weeks per Semester:</p> <p><b>14</b></p>	<p><b>H:</b> Course Prerequisites:</p> <p><b>SPSC 300</b></p>	<p><b>I:</b> Course Corequisites:</p> <p><b>None</b></p>
	<p><b>J:</b> Course for which this Course is a Prerequisite:</p> <p><b>None</b></p>	
	<p><b>K:</b> Maximum Class Size:</p> <p><b>35</b></p>	
<p><b>L:</b> PLEASE INDICATE:</p> <p><input type="checkbox"/> Non-Credit</p> <p><input type="checkbox"/> College Credit Non-Transfer</p> <p><input checked="" type="checkbox"/> College Credit Transfer: Requested <input checked="" type="checkbox"/> Granted <input checked="" type="checkbox"/></p> <p>SEE BC TRANSFER GUIDE FOR TRANSFER DETAILS (<a href="http://www.bccat.bc.ca">www.bccat.bc.ca</a>)</p>		
<p>Equivalent Courses:</p> <p>U.B.C. HKIN 220 S.F.U. ATHL 202 U.VIC. PE 120 &amp; PE 124</p>		

**M:** Course Objectives/Learning Outcomes

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

1. Demonstrate the conceptual nature of basketball and field hockey
2. Demonstrate and describe the techniques involved in the performance of basketball and field hockey
3. Demonstrate and describe the tactics and strategies involved in the performance of basketball and field hockey
4. Demonstrate the qualitative analysis of basketball and field hockey
5. Demonstrate the quantitative analysis of basketball and field hockey
6. Demonstrate a theoretical and practical knowledge of warm-up and conditioning programs for basketball and field hockey
7. Demonstrate appropriate pedagogical principles for effective instruction.

**N:** Course Content1. Concepts in Basketball and Field Hockey

The student will:

- 1.1 Describe the historical development of the sport
- 1.2 Describe positional concepts
- 1.3 Describe rule concepts
- 1.4 Describe terminology of the sports

2. Techniques in Basketball and Field Hockey

The student will:

- 2.1 Describe the purpose of individual and team skills
- 2.2 Describe the appropriate sequencing of skill acquisition
- 2.3 Demonstrate competent performance for individual performance
- 2.4 Describe and demonstrate individual skill learning progressions
- 2.5 Describe and demonstrate feedback techniques:
  - 2.5.1 positive specific feedback
  - 2.5.2 error detection and correction

3. Tactics and Strategies

The student will:

- 3.1 Describe and demonstrate the purpose of and formations of Basketball tactics and strategies
  - 3.1.1 ball handling
  - 3.1.2 passing
  - 3.1.3 shooting
  - 3.1.4 defensive fundamentals
  - 3.1.5 rebounding
  - 3.1.6 offensive team play
  - 3.1.7 defensive team play
  - 3.1.8 transition play

**N: Course Content (continued)**

- 3.2 Describe and demonstrate the purpose of and formations of Field Hockey tactics and strategies
  - 3.2.1 demonstrate dribble
  - 3.2.2 demonstrate goal keeping
  - 3.2.3 demonstrate offensive play
  - 3.2.4 demonstrate defensive play
  - 3.2.5 demonstrate team play
  - 3.2.6 demonstrate set plays
  - 3.2.7 demonstrate indoor field hockey skills techniques and tactics

**4. Qualitative Analysis**

The student will:

- 4.1 Describe and demonstrate the analysis of each sport
  - 4.1.1 elements
  - 4.1.2 dimensions
  - 4.1.3 hierarchies
- 4.2 Describe and demonstrate the formative and summative qualitative analysis of each sport

**5. Quantitative Analysis**

The student will:

- 5.1 Describe and demonstrate the analysis of each sport
  - 5.1.1 statistical
  - 5.1.2 flow
  - 5.1.3 time/motion
- 5.2 Describe and demonstrate the formative and summative qualitative analysis of each sport

**6. Warm-up and Conditioning**

The student will:

- 6.1 Demonstrate a theoretical and practical knowledge of conditioning programs for basketball and field hockey with particular emphasis on:
  - 6.1.1 warm-up techniques
  - 6.1.2 cardiovascular fitness
  - 6.1.3 endurance
  - 6.1.4 flexibility
  - 6.1.5 agility
  - 6.1.6 speed
  - 6.1.7 cool down techniques

**7. Pedagogical Principles**

The student will:

- 7.1 Demonstrate a knowledge of the conceptual approach to instruction
- 7.2 Demonstrate a knowledge of discovery/problem solving methodologies
- 7.3 Demonstrate a knowledge of appropriate skill progressions
- 7.4 Demonstrate a knowledge of tactical progressions
- 7.5 Demonstrate a knowledge of drill design
- 7.6 Demonstrate a knowledge of seasonal planning and training principles

**O:** Methods of Instruction

Lecture  
 Discussion groups  
 Practical applications and experience  
 Field observation  
 Technology assisted learning

**P:** Textbooks and Materials to be Purchased by Students

Wissel, H., Basketball: Steps to Success, 1<sup>st</sup> Edition, Human Kinetics Publishers, 1994  
 NCCP Level 1 Manuals and Materials

**Q:** Means of Assessment

Mid-term Examination	20%
Final Examination	20%
Teaching Assignment	20%
Labs	10%
Attendance/Participation	10%
Analysis Scouting Report	<u>20%</u>
TOTAL:	100%

**R:** Prior Learning Assessment and Recognition: specify whether course is open for PLAR

Not at this time.

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 Course Designer(s)

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 Education Council/Curriculum Committee Representative

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 Dean/Director

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 Registrar