

**South Plains College
Common Course Syllabus:**

Department: Kinesiology

Discipline: Physical Education

Course Number: KINE 1120

Course Title: Basketball / Volleyball

Available Formats: Conventional

Campuses: Levelland

Course Description: Basketball / Volleyball is an introductory course for students interested in learning to play basketball and volleyball. Topics include the basic history of the sport, rules and their interpretations, floor skills and drills, and court positioning. The course will cover each sport for half a semester.

Prerequisite: None

Credit: 1 **Lecture:** 0 **Lab:** 2

Textbook: None

Supplies: Athletic apparel and non marking athletic shoes.

This course partially satisfies a Core Curriculum Requirement: No

Core Curriculum Objectives addressed: None

Student Learning Outcomes & Assessment

The student will learn basic knowledge of the rules of each sport.	Written exam
The student will develop skills such as passing, dribbling, shooting, setting and spiking.	Daily observation
The student will know terms and mechanics used in each sport.	Written exam
The student will know the basics of stretching and warming up.	Daily observation
The student will know the basic care and prevention of injuries	Daily activities

Course Evaluation: 20% - A comprehensive written final exam

20% - Skill and class behavior grade

60% - Attendance and Participation (Each absence after the 1st counts 2 points and a non-participation counts 1 point off the attendance grade. Arriving late may count points off as well.)

A- 100 – 89.5

B- 89.4 – 79.5

C- 79.4 – 69.5

D- 69.4 – 59.5

F- 59.4 – 0

Attendance Policy: An individual may be dropped on their 5th absence.

Basketball / Volleyball Daily Activity List
KINE 1120
South Plains College

Day	Daily Activity (ORDER MAY SWITCH)
1	Check roll, Syllabus, Discuss class, Grading and Attendance
2	Recap Day 1, Tour facility, Introduce stretches, Issue lockers
3	Stretch, laps, explain court markings and hands on rules Basketball
4	Stretch, laps, explain drills, follow through and wrist action
5	Stretch, laps, drills, team drills, play ½ court
6	Stretch, laps, drills, team drills, play ½ court
7	Stretch, laps, drills, team drills, play ½ court
8	Stretch, laps, drills, play full court
9	Stretch, laps, drills, play full court
10	Stretch, Laps, drills, play full court
11	Stretch, Laps, drills, play full court
12	Stretch, Laps, drills, play full court
13	Stretch, Laps, drills, play full court
14	Stretch, Laps, drills, shooting contest
15	Stretch, Laps, drills, free choice – 3 on 3, Horse, 21, Tip
16	Stretch, Laps, drills, play full court
17	Stretch, Laps, explain court markings and hands on rules Volleyball
18	Stretch, Laps, drills – bump, setting
19	Stretch, Laps, drills – bump, setting, spikes and serving
20	Stretch, Laps, drills – bump, setting, spikes and serving
21	Stretch, Laps, drills – bump, setting, spikes and team drills
22	Stretch, Laps, Play
23	Stretch, Laps, Play
24	Stretch, Laps, Play
25	Stretch, Laps, Play
26	Stretch, Laps, Play
27	Stretch, Laps, Play
28	Stretch, Laps, Play
29	Play, Final Review
30	Final Exam

Attendance is required for class. Class attendance will be adjusted as needed to meet special circumstances encountered. Special assignments may be used in order to accommodate these special circumstances. If you are sick or have ANY symptoms of being sick please contact me via email at bbradshaw@southplainscollege.edu and arrangements will be made. Please do not come to class if you are showing any symptoms of being sick. I will work with you in order to keep you up with any work you may have missed. If you are placed in the hospital for any reason please inform me of your situation using my email address or have someone inform me if you are not able to yourself and we can adjust your class work to keep you up to date.

My cell number is 806-543-9277 if you need to call me for any reason...please call between 8am and 6pm.

<https://www.southplainscollege.edu/syllabusstatements/>.

<https://www.southplainscollege.edu/emergency/covid19-faq.php>