

1. BASIC DATA

Subject's Title	Basketball I
Degree	Bachelor's Degree in Sports Science
School/Faculty	School of Sports Science
Academic Year	First year
ECTS	4 ECTS
Character	Basic
Language	English
Modality	On-site
Semester	S1, S2
Year	2020/2021
Coordinator	Rafael Manuel Navarro Barragán

2. Course description

This programme corresponds to the contents developed through the course of Basketball I, a first year course belonging to Bachelor's Degree in Sports Science.

The basic goal of this course seeks to develop students in a generic, skills and expertise of a teacher / basketball coach in the levels of initiation, in any application context (college, young players...). Students should be able to develop a critical view of training and be able to teach specific training programs in basketball.

3. Skills and learning outcomes

Basic skills:

- CB2: students can apply knowledge to work in a professional way, showing skills and competence on argumentation about their field of study.
- CB3: students are able to gather and interpret relevant data to judge different topics in a thoughtful manner.
- CB4: students are able to transmit information, ideas, problems and solutions to a specialised and a broader audience.

Transversal skills:

- CT3: Teamwork: the ability to fit in and to actively collaborate with other people, areas and/or organizations to achieve common goals, to value and to incorporate the contributions of the rest of the group members and to take action to encourage a good social climate.
- CT18: Innovation and Creativity: Aptitude to provide new and original ideas or perspectives to assignments, looking for alternative solutions that entail improvements.
- CT20: Responsibility: Capacity to meet the self-imposed commitments and the commitments reached with others when completing a task and aiming to achieve a set of goals during the learning process. Capacity existent in every individual to acknowledge and accept the consequences of a behavior undertaken freely.

Specific skills:

- CE1. Capacity to devise, develop and evaluate teaching-learning processes related to physical activity and sports, bearing in mind the characteristics and circumstances of each individual and assuming the necessary educational, technical and curricular principles.
- CE2. Capacity to transmit attitudes and values as a working professional in all fields of physical activity and sport, participating in the improvement of society.
- CE3. Capacity to plan, program, apply, control and evaluate training and competition processes at their different levels and for different age groups.
- CE4. Capacity to analyze and apply physiological, biomechanical, psychological and social principles to the different fields of physical activity, sport and recreation.
- CE9. Capacity to promote and evaluate autonomous and lasting health-oriented habits based on physical activity and sports.

Learning outcomes:

- RA1: Conducts and attitudes of the students in the formative activities and practical meetings aligned with the codes of good practices.
- RA2: Design of a process of education - learning relative to the basketball attending to the individual and contextual characteristics of the persons and assuming the educational, technical principles and curriculum necessary.

- RA3: Design and production of practices educations in progression of difficulty with the aims, contents and methodology of work for the education - learning of the basketball in stage of initiation.
- RA4: Project of the didactic fundamentals in the education and the learning of the basketball.
- RA5: Accomplishment of the planning, programming, application, control and evaluation of the processes of education and learning of the basketball in stage of initiation.
- RA6: Comprehension of concepts related to the principles of the basketball, the technical - tactical resources, the rules, the physiological aspects and biomechanics, psychological and social in the stage of initiation to the basketball.

Skills	Learning outcomes
CB2, CB3, CT3,CE1, CE2,CE3	RA 1, RA 2
CB3, CB4,CT18,CT20, CE3, CE4	RA3, RA4
CB4, CT20, CE4, CE9	RA5, RA6

4. CONTENT

PART I - INTRODUCTION TO BASKETBALL

Unit 1. - Familiarity with basketball practice

1.1. - Practical experiences in situations of 1x1, 2x2, 3x3, 4x4 and 5x5

PART II - INDIVIDUAL TECHNICAL-TACTICAL OFFENSE

Unit 2. - Management ball

2.1. - Attitudes

2.2. - Exercises

Unit 3. - Positions and basic movements

3.1. - Fundamental position of attack without the ball

3.2. - Pivots.

3.3. - Change of direction without the ball.

3.4. - Grab the ball.

3.5. - Triple threat position.

3.6. - Start with and without the ball.

3.7. - With and without the ball stops.

3.8. - Exercises

Unit 4. - Passes and receptions

- 4.1. - General characteristics.
- 4.2. - Types of passes.
- 4.3. - Static passes and receptions.
- 4.4. - Passing and moving receptions.
- 4.5. - Five lines pass.
- 4.6. - Other passes: passes creative.
- 4.7. - Exercises

Unit 5. - Dribbling

- 5.1. - General Characteristics
- 5.2. - Starts: direct and cross
- 5.3. - Speed bounds
- 5.4. - Protection bound
- 5.5. - Changing direction.

Unit 6.-Throws

- 6.1. - General
- 6.2. - Throw mechanical
- 6.3. - Suspended throw
- 6.4. - Free throw
- 6.5. - Throw past and lifting
- 6.6. - Lay up: two steps, with loss of step and stumble
- 6.7. - Exercises

Unit 7.-Fakes

- 7.1. - General
- 7.2. - Types of fake balloon: shooting, passing, departure, boat changed hands, penetration,...
- 7.3. - Types of fake without the ball: reception
- 7.4. - Exercises

Unit 8.-Moves around the basket

- 8.1. - Movements in the low post
- 8.2. - Movements in high post
- 8.3. - Offensive rebound
- 8.4. - Exercises

PART III. - INDIVIDUAL TACTICAL - TECHNICAL FUNDAMENTALS OF DEFENSE

Unit 9.-Defense dribbler

- 9.1. - General
- 9.2. - Basic defensive position
- 9.3. - Defensive movement
- 9.4. - Defense dribbler off the basket
- 9.5. - Defense dribbler at one side

9.6. - Defense dribbler in the area

9.7. - Exercises

Unit 10.-Defense player without the ball

10.1. - General

10.2. - Concepts strong side and weak side

10.3. - Defense player in first pass line

10.4. - Defense player in second pass line

10.5. - Defense player in third pass line

10.6. - Defense of low-post player

10.7. - Cut defense spending more

10.8. - Defense shuffle

10.9. - Close defensive rebound

10.10. - Exercises

PART IV. - TECHNICAL-TACTICAL OFFENSE GROUP

Unit 11 - Introduction to team game

11.1. - General

11.2. - Game with ball / game without ball

11.3. - 2x2 non-blocking

11.4. - Direct Block

11.5. - 3x3 non-blocking

11.6. - Indirect block

11.7. - 3x3 with direct and indirect blocks

11.8. - 4x4 non-blocking, distribution in the court

11.9. - 4x4 blocks

11.10. - Exercises

Unit 12 - Superiority

12.1. - General (streets, first pass, trailers ...)

12.2. - 2x1

12.3. - 3x2

12.4. - 4x3

12.5. - Exercises

PART V - TECHNICAL-TACTICAL FUNDAMENTALS OF DEFENSE GROUP

Unit 13 - Protection of situations

13.1. - General

13.2. - Movements of "Jump and back"

13.3. - Defensive rotations

13.4. - Defense screen on ball

13.5. - Defense screen off ball

13.6. - Exercises

Unit 14. - Inferiorities

14.1. - General

14.2. - Defense 1x2

14.3. - Defense 2x3

14.4. - Defense 3x4

14.5. - Exercises

PART VI. - GENERAL THEORETICAL ASPECTS

Unit 15 - History

15.1. - Source of basketball

15.2. - Basketball in the world

15.3. - Basketball in Spain

Unit 16. - Rules

16.1. - Basic rules of basketball

16.2. - Basic rules of mini-basketball

Unit 17. - Teaching Basketball

17.1. - Phases and periods of instruction of basketball in the early years of the player.

17.2. -Basic principles to consider in the introduction to basketball, both in training and in competition.

5. TEACHING-LEARNING METHODOLOGY

- Lectures.
- Design and direction of practical sessions.
- Talks and events
- Problem-based learning
- Project-based learning.

6. LEARNING ACTIVITIES

The following table details the distribution of learning activities with time frames:

Face to face course:

Type of learning activity	Hours
A: Lectures	20 h
B: Design and direction of practical sessions	10 h
C: Group assignments	15 h
D: Talks and events	15 h
E: Oral presentations	15 h
F: Tutoring	5 h
G: Activities in workshops and / or laboratories	22 h
TOTAL	102 h

Online mode:

Type of learning activity	Hours
A. Lectures	2
B: Design and direction of practical sessions	2
C. Oral presentations	2
D: Activities in workshops and / or laboratories	2
TOTAL	8 h

7. ASSESMENT

Activity	Assessment criteria	(%)
Activity 1	It knows drills for the improvement of technical and tactical aspects of the basketball	20

Activity 2	Capacity to observe practices and games of young teams	20
Activity 3	Capacity to develop a practice for young players	20
Activity 4	Capacity to provide the aspects technical tactical basic for young players.	20
Activity 5	Compilation of all the practical sessions of the course	20

7.1. Ordinary assessment.

To overcome the subject of constant form in ordinary assessment is necessary to attend as minimum more than 80 % of the total classes of the semester and to obtain a definitive equal or superior note to 5,0 that it will ensue from the sum of the qualifications obtained in the different activities evaluables, as long as the qualification is major or like 5,0 on 10,0 in each of the activities evaluables of the subject.

7.2. Extraordinary assessment

To pass the subject through and extraordinary assessment the student must conduct an exam on the contents of the whole subject.

8. SCHEDULE

Activity	Dates
Presentación- Introducción	Week 1
Unit 1: Familiarity with basketball practice Unit 2: Management ball	Week 1

Practice Unit 1 and 2	
Unit 3: Positions and basic movements	Week 2
Practice Unit 3	
Unit 4: Dribbling	Week 2-3
Practice Unit 4	
Unit 5: Passes and receptions	Week 4
Practice Unit 5	
Basic Skills	Evaluation Week 5-6
Unit 5: Dribbling and lay up	
Practice Unit 5	Week 7
Unit 6: Throws, Lay ups	
Practice Unit 6	Week 8 Evaluation
Basic Skills	
Unit 7: Fakes Unit 8: Moves around the basket	Week 9
Practice Unit 7 and 8	
Unit 9: Defense dribbler Unit 10: Defense player without the ball	Week 10
Practice Unit 9 and 10	
Unit 11: Introduction to team game Unit 12: Superiority	Week 11
Practice Unit 11 and 12	
Unit 13: Protection of situations Unit 14: Inferiorities	Week 12
Practice Unit 13 and Unit 14	
Unit 15: History Unit 16: Rules	Week 13
Practice Unit 15 and 16	
Unit 17: Teaching Basketball	Week 14
Practice Unit 14	

Practice	Evaluation Week 15
Practice	
Practice	Week 16 Evaluation

9. REFERENCES:

- Bayer, C. (1992). Enseñanza de los juegos deportivos colectivos, Hispano Europea.
- Beard, B. (1991). El jugador completo de baloncesto. Hispano Europea.
- Blázquez, D. (1986). Iniciación a los deportes de equipo, Martínez Roca.
- Garchow, K. & Dickinson, A. (1992). Youth basketball, Cooper Publishing Group. Fundamentals of coaching basketball, Wm C. Brown Company Publishers.
- Giménez, F.J. y Saénz, P. (2004). Aspectos teóricos y prácticos de la iniciación al baloncesto. Sevilla. Wanceulen.
- Jiménez, S. y Lorenzo, A. (2009). Formación de entrenadores de baloncesto. Aplicaciones didácticas. Sevilla. Wanceulen.
- Junoy, J. (1996). Baloncesto: actividad física y deportiva extraescolar en los centros educativos, MEC.
- Krause, B. et al. (1994). Coaching basketball, Master Press. Basketball coach's survival guide. Parker Publishing Company.
- Manzano, A. (2005). Baloncesto. Cómo formar al jugador completo. Esencias del baloncesto de ataque. Madrid. Gymnos.
- Wissel, H. (1995). Aprender y progresar. Paidotribo.

Publications and related websites:

- Virtual Campus: <http://campusvirtual.uem.es/moodle>
- Coaches development: <http://www.coachesclipboard.net/>
- Coaches development: <http://www.cybersportsusa.com/hooptactics/HoopTactics.asp>
- ACB league: <http://www.acb.com/>

- Federación Española de Baloncesto: <http://www.feb.es/>
- FIBA: <http://www.fiba.com/>
- FIBA Europe: <http://www.fibaeurope.com/>
- NBA league: <http://www.nba.com/>
- WNBA league: <http://www.wnba.com/>
- EUROLEAGUE: <http://www.euroleague.net/>
- NCAA: <http://www.ncaachampionships.com/>
- News and interviews: <http://hoopshype.com/>
- <http://www.eurobasket.com/>

Case studies, exercises and related documents.

10. UNIT OF ATTENTION TO DIVERSITY

Students with specific educational support needs

The adaptations or adjustments curriculum to students with specific needs of educational support, in order to ensure equity of opportunities, will be guided by the Unit of Attention to Diversity.

It will be essential to issue a report of curricular adjustments/adaptations by the Unit, so students with specific educational support needs should contact through: unidad.diversidad@universidadeuropea.es at the beginning of each semester.

11. SATISFACTION SURVEYS

Your opinion matters!

The European University encourages you to participate in satisfaction surveys to identify strengths and areas for improvement on teaching staff, qualifications and the teaching-learning process.

Surveys will be available in your virtual campus survey space or through your email.

Your assessment is necessary to improve the quality of the degree.

Thanks so much for your participation.