1. BASIC DATA

<table>
<thead>
<tr>
<th>Subject’s Title</th>
<th>Basketball I</th>
</tr>
</thead>
<tbody>
<tr>
<td>Degree</td>
<td>Bachelor’s Degree in Sports Science</td>
</tr>
<tr>
<td>School/Faculty</td>
<td>School of Sports Science</td>
</tr>
<tr>
<td>Academic Year</td>
<td>First year</td>
</tr>
<tr>
<td>ECTS</td>
<td>6 ECTS</td>
</tr>
<tr>
<td>Character</td>
<td>Basic</td>
</tr>
<tr>
<td>Language</td>
<td>English</td>
</tr>
<tr>
<td>Modality</td>
<td>On-site</td>
</tr>
<tr>
<td>Semester</td>
<td>S1, S2</td>
</tr>
<tr>
<td>Year</td>
<td>2019/2020</td>
</tr>
<tr>
<td>Coordinator</td>
<td>Rafael Manuel Navarro Barragán</td>
</tr>
</tbody>
</table>

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 specifics 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.

<table>
<thead>
<tr>
<th>Skills</th>
<th>Learning outcomes</th>
</tr>
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<tbody>
<tr>
<td>CB2, CB3, CT3,CE1, CE2,CE3</td>
<td>RA 1, RA 2</td>
</tr>
<tr>
<td>CB3, CB4,CT18,CT20, CE3, CE4</td>
<td>RA3, RA4</td>
</tr>
<tr>
<td>CB4, CT20, CE4, CE9</td>
<td>RA5, RA6</td>
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</tbody>
</table>

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 direct block
13.5. - Defense indirect block
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:

<table>
<thead>
<tr>
<th>Type of learning activity</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>A: Lectures</td>
<td>30 h</td>
</tr>
<tr>
<td>B: Design and direction of practical sessions</td>
<td>20 h</td>
</tr>
<tr>
<td>C: Group assignments</td>
<td>25 h</td>
</tr>
<tr>
<td>D: Talks and events</td>
<td>15 h</td>
</tr>
<tr>
<td>E: Oral presentations</td>
<td>15 h</td>
</tr>
<tr>
<td>F: Tutoring</td>
<td>10 h</td>
</tr>
<tr>
<td>G: Activities in workshops and/or laboratories</td>
<td>35 h</td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td><strong>150 h</strong></td>
</tr>
</tbody>
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7. ASSESSMENT

<table>
<thead>
<tr>
<th>Activity</th>
<th>Assessment criteria</th>
<th>(%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Activity 1</td>
<td>It knows drills for the improvement of technical and tactical aspects of the basketball</td>
<td>20</td>
</tr>
<tr>
<td>Activity 2</td>
<td>Capacity to observe practices and games of young teams</td>
<td>20</td>
</tr>
<tr>
<td>Activity 3</td>
<td>Capacity to develop a practice for young players</td>
<td>20</td>
</tr>
<tr>
<td>Activity 4</td>
<td>Capacity to provide the aspects technical tactical basic for young players.</td>
<td>20</td>
</tr>
<tr>
<td>Activity 5</td>
<td>Compilation of all the practical sessions of the course</td>
<td>20</td>
</tr>
</tbody>
</table>
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 evaluable, as long as the qualification is major or like 5,0 on 10,0 in each of the activities evaluable 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

<table>
<thead>
<tr>
<th>Day 1</th>
<th>Presentación- Introducción</th>
<th>Week 1</th>
</tr>
</thead>
</table>
| Day 2 | **Unit 1**: Familiarity with basketball practice  
**Unit 2**: Management ball | Week 1 |
| Day 3 | Practice Unit 1 and 2 | |
| Day 4 | **Unit 3**: Positions and basic movements | Week 2 |
| Day 5 | Practice Unit 3 | |
| Day 6 | **Unit 4**: Dribbling | Week 2-3 |
| Day 7 | Practice Unit 4 | |
| Day 8 | **Unit 5**: Passes and receptions | Week 4 |
| Day 9 | Practice Unit 5 | |
| Day 10 | Basic Skills | Evaluation Week 5-6 |
| Day 11 | Unit 5: Dribbling and lay up | |
| Day 12 | Practice Unit 5 | Week 7 |
| Day 13 | **Unit 6**: Throws, Lay ups | |
| Day 14 | Practice Unit 6 | Week 8 Evaluation |
| Day 15 | Basic Skills | |
| Day 16 | **Unit 7**: Fakes  
**Unit 8**: Moves around the basket | Week 9 |
| Day 17 | Practice Unit 7 and 8 | |
| Day 18 | **Unit 9**: Defense dribbler  
**Unit 10**: Defense player without the ball | Week 10 |
| Day 19 | Practice Unit 9 and 10 | |
| Day 20 | **Unit 11**: Introduction to team game  
**Unit 12**: Superiority | Week 11 |
<table>
<thead>
<tr>
<th>Day</th>
<th>Practice/Unit</th>
<th>Week</th>
</tr>
</thead>
<tbody>
<tr>
<td>21</td>
<td>Unit 11 and 12</td>
<td>12</td>
</tr>
</tbody>
</table>
| 22  | Unit 13: Protection of situations  
Unit 14: Inferiorities | 13   |
| 23  | Practice Unit 13 and Unit 14 | 12   |
| 24  | Unit 15: History  
Unit 16: Rules | 13   |
| 25  | Practice Unit 15 and 16 | 13   |
| 26  | Unit 17: Teaching Basketball | 14   |
| 27  | Practice Unit 14 | 14   |
| 28  | Practice | 15   |
| 29  | Practice | 15   |
| 30, 31, 32 | Practice | 16   |

9. REFERENCES:

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.