



**PHYS ED 1-80 Beginning Basketball (.5 units)**

**Instructor:** Lon Rork  
[http://pe.berkeley.edu/instructors\\_lon\\_rork.html](http://pe.berkeley.edu/instructors_lon_rork.html)

**Class Times:** Monday and Wednesday 9-10am

**Location:** Kleeberger Fieldhouse – Rec Sports Facility

**Contact:** Email: lonrork@berkeley.edu

**Office:** RSF 39 or 185 Hearst Memorial Gymnasium

**Office Hours:** TTH 8:30-9am Hearst Gym 185 or by appointment

**Required Text:** None

**Recommended Text:** *Basketball for Dummies* by Richard Phelps, Tim Bourret, and John Walters  
*A Beginner's Guide to Basketball* by Ank Sheckler

**I. Course Description:** Beginning basketball is a course designed for students with little to no basketball experience. The class will cover the basic concepts of ball handling, layups, jump shots, and movement on a basketball court while playing 3 on 3.

**II. Statement of Course Goal and Learning Objectives:** The goal of this course is to introduce the students to the basic concepts of the game of basketball. Objectives: At the conclusion of the course, students shall be able to:

1. Describe and execute basic ball handling and dribbling skills.
2. Describe and execute the correct form for a right and left-handed layup.
3. Describe and execute the correct form for a jump shot.
4. Describe and demonstrate the ability to get open on and move correctly with a purpose on a basketball court during a 3 on 3 basketball game. This may include setting a proper screen.
5. Understand and describe basic basketball rules including traveling, double dribble, 3 seconds, as well as being able to show different areas of the court and describe them with proper names and terminology.

**III. Method of Assessment and Evaluation:** The achievement of course objectives shall be assessed by the following: observation and assessment of skill as written in the above objectives. Final grades shall be based on the percentage of the overall points accumulated according to the following:

Attendance:	130 points (50%)
Effort/Participation and Ability to Follow Directions:	50 points (19%)
Skill Level Assessment:	<u>80 points (31%)</u>
Total Points:	260 points (100%)

GRADE (FOR ROSTER)	GRADE POINTS PER UNIT	RECOMMENDED PERCENTAGE BREAKDOWN	DESCRIPTION
A+	4.0	94–100%	Excellent: The grade of "A+", when awarded at the instructor's discretion, represents extraordinary achievement, but does not receive grade point credit beyond that received for the grade of A.
A	4.0	94–100%	
A-	3.7	90–93%	
B+	3.3	86–89%	Good
B	3.0	83–85%	
B-	2.7	80–82%	
C+	2.3	76–79%	Fair: Each course in a certificate program must be completed with a grade of C or better, although some programs have higher requirements.
C	2.0	73–75%	
C-	1.7	70–72%	
D+	1.3	66–69%	Barely passed
D	1.0	63–65%	
D-	0.7	60–62%	
F	0.0	< 60%	Failed

#### IV. Course Requirements

1. Students are expected to show up on time prepared to participate in basketball activities for every class. Wearing appropriate athletic clothing including athletic shoes, preferably basketball shoes, is required. Students not prepared for class may be dismissed and will have that class count as an absence.
2. Attendance and participation are a large portion of the final grade in the course, and absences and tardies will have a negative effect on the final grade. Each class attended is worth 5 points towards the final grade. It is recommended that students plan ahead and only use absences for minor illnesses or other unexpected events that may occur during the semester.
3. There are no makeups for classes that have already been missed. However, students are allowed to makeup excused absences when they know that they will have a conflict and inform the instructor ahead of time. An example of an excused absence would be an interview for graduate school, university-sponsored event, etc. Students must attend another basketball section prior to missing their section in order to not have the class count as an absence. If this is not possible please contact the lecturer for other alternative ways to make up absences.
4. Each student must abide by the university's honor code (see <https://teaching.berkeley.edu/berkeley-honor-code>):

***“As a member of the UC Berkeley community, I act with  
honesty, integrity, and respect for others.”***

Violation of the Honor Code shall result in a grade of an “F” for the course.

5. Have a great time in our class. Not only will you learn about and improve your basketball skills but it is also a great chance to get some exercise and make new friends. It might even be the highlight of your semester.

#### V. Official Policies of the University of California at Berkeley

All students must abide by the *Berkeley Campus Code of Student Conduct* <https://sa.berkeley.edu/code-of-conduct>.

**Statement of Accommodation.** The University of California at Berkeley provides reasonable accommodations to students with disabilities through the Disabled Students' Program (<https://dsp.berkeley.edu>). For more information regarding these services, please contact the staff in the Disabled Students' Program via telephone at 510.642.0518, visit in person at 260 Cesar Chavez Student Center, or email at [dsp@berkeley.edu](mailto:dsp@berkeley.edu).

**Accommodation of Religious Creed.** The University of California at Berkeley is compliant with Education code, Section 92640(a) and permits any student to undergo a test or examination, without penalty, at a time when that activity would not violate the student's religious creed, unless administering the examination at an alternative time would impose an undue hardship which could not reasonably have been avoided (see <https://sa.berkeley.edu/uga/religion> for detailed information).

**Academic Integrity.** “You are a member of an academic community at one of the world’s leading research universities. Universities like Berkeley create knowledge that has a lasting impact in the world of ideas and on the lives of others; such knowledge can come from an undergraduate paper as well as the lab of an internationally known professor. One of the most important values of an academic community is the balance between the free flow of ideas and the respect for the intellectual property of others. Researchers don't use one another's research without permission; scholars and students always use proper citations in papers; professors may not circulate or publish student papers without the writer's permission; and students may not circulate or post materials (handouts, exams, syllabi--any class materials) from their classes without the written permission of the instructor.

**Scheduling Conflicts.** Please notify the instructor in writing by the second week of the term about any known or potential extracurricular conflicts (such as religious observances, graduate or medical school interviews, or team activities). The instructor shall try his or her best to help you with making accommodations, but cannot promise them in all cases. In the event there is no mutually workable solution, you may be dropped from the course. (For more information, see the *Guidelines Concerning Scheduling Conflicts with Academic Requirements* <https://academic-senate.berkeley.edu/sites/default/files/guide-acad-sched-conflicts-final-2014.pdf>).

**VI. Safety and Emergency Preparedness.** The University of California at Berkeley has numerous contacts for emergency situations. In the event of an emergency, the following information may be helpful (See <http://emergency.berkeley.edu/contacts.shtml>).

- Emergency Contacts <http://emergency.berkeley.edu/contacts.shtml>
- WarnMe/Nixle emergency alerts <https://warnme.berkeley.edu>
- Campus Emergency Management Areas <http://emergency.berkeley.edu/emerg-mgmt-areas.shtml>
- Campus Map <http://emergency.berkeley.edu/lib/img/campusmap.pdf>
- Safe and Well by the American Red Cross <https://safeandwell.communityos.org/cms/>

### Tentative Course Schedule

#### August

28 Course Introduction

#### September

4 Stationary and basic ballhandling  
9 Ballhandling and introduction to triple threat position (Blue Gym)  
11 Ballhandling and pivots cont. Passing basics, beginning of layups  
16 Layups cont. with passing added in  
18 Beginning of building a jump shot  
23 Form shooting and jump shot basics continued  
25 Group shooting with work on shooting during movement  
30 Basics of getting open on basketball court with L cuts and V cuts introduced

#### October

2 L and V cuts continues with defense  
7 Beginning of 3 on 3 movements with basket cuts  
9 3 on 3 movements continued  
14 3 on 3 movements and competitive shooting  
16 3 on 3 movement with defense  
21 On ball screens  
23 On ball screens in a 3 on 3 game  
28 Off ball screens during 3 on 3  
30 Off ball screens during 3 on 3

#### November

4 Open 3 on 3 play with off and on ball screens  
6 Open 3 on 3 play with off and on ball screens  
11 Holiday  
13 Defense for 3 on 3 and spacing for 4 on 4  
18 Defense for 3 on 3 and spacing for 4 on 4 cont.  
20 4 on 4 on 4  
25 4 on 4 on 4 cont.  
27 No class

#### December

2 4 on 4 and 3 on 3 games  
4 Final required day 4 on 4 and 3 on 3 games continued  
9 Reading, Review, and Recitation (RRR) Week; attendance not required  
11 Reading, Review, and Recitation (RRR) Week; attendance not required