

GEORGE MASON UNIVERSITY
College of Education and Human Development
Physical Activity for Lifetime Wellness

RECR 141– Introduction to Basketball
1 Credit, Spring 23
TR 9:00-10:15 am; Fairfax campus, Lynn Gym
3/20/23 - 5/7/23

Faculty

Name: Cindy Johnson
Office Hours: By appointment
Office Location: Lynn Gym
Email Address: cjohns89@gmu.edu

Prerequisites : None

Course Description:

Introduces the basic elements of basketball, including dribbling, passing, shooting, tactics, and strategy.

Course Overview:

Students will describe and successfully use of the various techniques of dribbling, passing, and shooting, addition, students will be able to explain the difference between one-on-one and zone defenses. An initial motor skill evaluation of dribbling and shooting will be given the first day to determine the skill level of all students. Those students who are already skilled at these tasks may be used for demonstration and will be separated appropriately during small-sided and full court games.

Participation is extremely important to the completion of in-class activity. All students will be expected to attend all class sessions, actively participate on the court and in-class discussions and complete any written assignments. Any assignments given must be turned in at the beginning of class on the specified date due or no credit will be given.

Course Delivery Method: This is an activity-based class.

Learner Objectives: At the conclusion of the course, students should be able to:

1. Dribble a basketball at least ninety feet with each hand without losing control of the ball.
2. Demonstrate a single hand set shot from a distance of ten to twenty feet from the basket.
3. Demonstrate a chest pass to a partner from five to ten feet at least three times.
4. Explain one--on--one coverage.
5. Explain the purpose of a zone defense.
6. Explain and demonstrate the following defenses: box, one--on--one, and zone.

Required Text:

No text. Handouts will be given as needed. Readings, diagrams, information, and videos will be place on Blackboard. Students are required to view them as necessary.

Course Performance Evaluation:

Students are expected to submit all assignments on time in the manner outlined by the instructor (e.g., Black. board, hard copy).

Attendance/Participation – 60%

5 points will be given each day with a deduction of 1 point for each *five minutes* that a student is late. Students must attend the entire class period and participate in the daily activities to receive full credit for the class.

Attendance/Participation score will be the number of points you gained each day ***Unexcused absences and late arrivals could significantly affect your grade.*** The first day of class will count in the evaluation.

Participation will be graded on teamwork, sportsmanship, and cooperation toward instructor and classmates. Points

will be deducted for poor sportsmanship toward the instructor and fellow classmates. Absences are not excused without a Dr. note. The doctor's note must be presented immediately upon returning to class. Emailing the instructor does not excuse the student from class.

Skill Assessment – 10% - This will be done while students play on the court and during final skill assessment if needed.

Written Final 30% - The examination will cover the rules of the game, definitions, positions, and strategy learned in class. The test will be composed of true/false question and short answer questions.

GRADING SCALE (%):

A = 94 – 100	B + = 88 – 89	= 78 – 79	I = 60 – 69
A- = 90 – 93	B = 84 – 87	= 74 – 77	I = 0 – 59
	B - = 80 – 83	= 70 – 73	

Class policies:

1. Students with injuries or pre-existing conditions that may affect performance must inform the instructor.
2. Most of the communication outside of this class will be through GMU email.

Professional Dispositions

See <https://cehd.gmu.edu/students/polices-procedures/>

Class Schedule

Day	Topic
1.	Skill Evaluation
2.	Dribbling, passing, pass off dribble,
3.	Set shots, basic rules of half-court games,
4.	Review dribbling, passing. Intro--Lay ups, One--on--one defense.
5.	Review dribbling, passing, lay ups, jump shot, One--on--one defense. Intro--Fast break
6.	Review dribbling w/emphasis on non-- dominant hand, Passing, lay ups, one--on--one defense, fast break. Intro-- Zone defense
7.	Review skills defenses. Intro-- Screens, pick and roll offense, Basic rules of full court games.
8.	Review skills, defenses, screens. Intro--Free throws
9.	Review rules, skills, defenses, offenses, free throws. Intro--Defending pick and rolls and zone offenses.
10.	Review skills and strategies.
11.	Review skills, rules. Intro--tactics.
12.	Review basic skills, rules, tactics. Skill assessments.
13.	Review basic skills, rules, tactics. Skill assessments.
14.	Review basic skills, rules, tactics, Skill assessments.
15.	Written exam, skill assessments.
16.	Games, skill assessments.

Note: Faculty reserves the right to alter the schedule as necessary with notification to the student.

Core Values Commitment

The College of Education and Human Development is committed to collaboration, ethical leadership, innovation, research-based practice, and social justice. Students are expected to adhere to these principles:

<http://cehd.gmu.edu/values/>.

GMU Policies and Resources for Students

Policies

- a. Students must adhere to the guidelines of the Mason Honor Code (see <https://catalog.gmu.edu/policies/honor-code-system/>).
- b. Students must follow the university policy for Responsible Use of Computing (see <https://universitypolicy.gmu.edu/policies/responsible-use-of-computing/>).
- c. Students are responsible for the content of university communications sent to their Mason email account and are required to activate their account and check it regularly. All communication from the university, college, school, and program will be sent to students solely through their Mason email account.
- d. Students with disabilities who seek accommodations in a course must be registered with George Mason University Disability Services. Approved accommodations will begin at the time the written letter from Disability Services is received by the instructor (see <https://ds.gmu.edu>).
- e. Students must silence all sound emitting devices during class unless otherwise authorized by the instructor.

Campus Resources

- a. Support for submission of assignments to Tk20 should be directed to tk20help@gmu.edu or <https://cehd.gmu.edu/aero/tk20>. Questions or concerns regarding use of Blackboard should be directed to <https://its.gmu.edu/knowledge-base/blackboard-instructional-technology-support-for-students/>.
- b. **Notice of mandatory reporting of sexual assault, interpersonal violence, and stalking:** As a faculty member, I am designated as a "Responsible Employee," and must report all disclosures of sexual assault, interpersonal violence, and stalking to Mason's Title IX Coordinator per University Policy 1202. If you wish to speak with someone confidentially, please contact one of Mason's confidential resources, such as Student Support and Advocacy Center (SSAC) at [703-380-1434](tel:703-380-1434) or Counseling and Psychological Services (CAPS) at [703-993-2380](tel:703-993-2380). You may also seek assistance from Mason's Title IX Coordinator by calling [703-993-8730](tel:703-993-8730), or emailing titleix@gmu.edu.
- c. For information on student support resources on campus, see <https://ctfe.gmu.edu/teaching/student-support-resources-on-campus>
- d. For additional information on the College of Education and Human Development, please visit our website <http://cehd.gmu.edu/>.

Mason is now partnered with TimelyMD to deliver **TimelyCare** – a new virtual mental health and well-being platform for students. The service provides 24/7 access to virtual care at no cost and augments the in-person and virtual mental health services that remain available to Mason students through Counseling and Psychological Services (CAPS) and Student Health Services (SHS).

How can students access **TimelyCare**?

Students can go to timelycare.com/gmu or directly download the **TimelyCare** app from the app store to register with their school email address. Students can then start visits from any web-enabled device – smartphone, tablet, laptop, or desktop – anywhere in the United States.

Who can use **TimelyCare?** Any enrolled Mason student.

What services are available?

- **Talk Now:** Unlimited on-demand mental health support 24/7, available to all Mason students throughout the world!
- **Health Coaching:** Unlimited access to health coaching, available to all Mason students throughout the world.
- **Scheduled counseling sessions:** Limited to 12 sessions per academic year, available to all Mason students throughout the United States. Students can choose the day, time, and mental health provider of their choice.
- **Psychiatry sessions:** Available to all Mason students throughout the United States by referral from CAPS, Student Health Services, or a **TimelyCare** counselor.
- **Self-Care Content:** Yoga and meditation sessions and group conversations

How much does a TimelyCare visit cost?

TimelyCare services are available at no cost to students.