



**Instructor:** Claire Mitton  
**Phone:** (403) 220-2944  
**Email:** hmitton@ucalgary.ca  
**Office:** KNB 247  
**Office:** By appointment  
**Hours:**

**Room:** Red Gym  
**Days:** Mon/Wed  
**Time:** 9:00 am – 10:50 am  
**Course Website:** Website (or "Blackboard")

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<b>Course Description:</b>	Advanced Basketball Activity is a course that will focus on advanced basketball skills and a high level of activity. The focus will be on the FIBA aspect of the game of basketball.
<b>Pre Requisites:</b>	Students will need to have played high school or club basketball to participate in this Advanced Basketball Activity. If students have taken KNES 201 Basketball lab and KNES 203, the above mentioned requirements are not necessary. Please provide a playing resume to Instructor Mitton for approval.
<b>Course Objectives:</b>	<ul style="list-style-type: none"><li>• Develop a solid understanding of the mechanical analysis of basketball skills, shooting, passing, dribbling</li><li>• Become familiar with various progressions, lead up drills, and correction techniques that could be used in teaching and developing skills</li><li>• Develop a good understanding of offense and defense systems</li><li>• Develop a better understanding of the FIBA rules</li></ul>
<b>Contacting the Instructor:</b>	Students requiring assistance are encouraged to speak with their instructor during class or office hours. Should you wish to meet with the instructor outside of office hours, please phone or email the instructor to make an appointment. Email, while commonly used, does limit the effectiveness of communications and may not be the best way for instructors to answer student questions. Therefore, the instructor may request a telephone call or personal meeting. Your instructor will inform you as to his/her expectations about emails.

**Grading Scale:**

Grade	Percent	Grade Point Value	Description
A+	96.0 – 100	4.00	Outstanding
A	92.0 – 95.9	4.00	Excellent - superior performance, showing comprehensive understanding of subject matter.
A-	88.0 – 91.9	3.70	
B+	84.0 – 87.9	3.30	
B	80.0 – 83.9	3.00	Good-clearly above average performance with knowledge of subject matter generally complete.
B-	76.0 – 79.9	2.70	
C+	72.0 – 75.9	2.30	
C	68.0 – 71.9	2.00	Satisfactory – basic understanding of the subject matter. Grade point average below 2.00 is not sufficient for promotion.
C-	64.0 – 67.9	1.70	<b>Minimum grade required if needed as a prerequisite course.</b>
D+	60.0 – 63.9	1.30	
D	56.0 – 59.9	1.00	Minimal pass – marginal performance; generally insufficient preparation for subsequent courses in the same subject.
F	56.0	0	Fail – unsatisfactory performance or failure to meet course requirements.

**Evaluation of Course Content:**

Student skills group presentation - Oct 1 <sup>st</sup> - 31 <sup>st</sup>	15%
Skill Acquisition Video - Nov 26 <sup>th</sup>	20%
Test - Nov 21 <sup>st</sup>	20%
Skills Test – Dec 3 <sup>rd</sup> - 5 <sup>th</sup>	25%
Personal Skill Analysis – Dec 7 <sup>th</sup>	10%
Class participation – Sept – Dec	10%

**Late Policy:  
Final Examination:  
Additional Course Information:**

List of Resources

- [www.coachesclipboard.com](http://www.coachesclipboard.com) (the best website out there)
- [www.basketball.ca/hm/](http://www.basketball.ca/hm/) (blogs from our National coaches)
- [www.thecouragetowin.com/sportstudy.html](http://www.thecouragetowin.com/sportstudy.html) (mental toughness training)
- [www.hoopthoughts.blogspot.com](http://www.hoopthoughts.blogspot.com) (great info from LSU assistant coach)
- [www.hoopthoughts.blogspot.com/2011/01/my-coach-sucks.html](http://www.hoopthoughts.blogspot.com/2011/01/my-coach-sucks.html) (a video that is 1:24 long – my coach sucks)
- [www.championshipcoachesnetwork.com](http://www.championshipcoachesnetwork.com) (great ideas from great coaches)
- [www.fiba.com/subsites/sideLine/coacLibr/home.asp](http://www.fiba.com/subsites/sideLine/coacLibr/home.asp) (drills, exercises, articles, scouting)
- [www.swish22.com](http://www.swish22.com) (shooting)
- [www.cybersportsusa.com](http://www.cybersportsusa.com) (lots of everything)
- [www.bbhighway.com](http://www.bbhighway.com) (coaching articles and tips)
- [www.hoopsu.com](http://www.hoopsu.com) (plays, drills, coaching tools/tips)
- [www.jes-basketball.com](http://www.jes-basketball.com) (free playbook – draw your own plays)
- [www.betterbasketball.com](http://www.betterbasketball.com) (the best teaching videos on the market)
- [www.syskos.com](http://www.syskos.com) (great books and videos)
- [www.coacheschoice.com](http://www.coacheschoice.com) (books and videos)
- [www.humankinetics.com](http://www.humankinetics.com) (books and videos)
- [www.sportsspecific.com](http://www.sportsspecific.com) (strength training information)

The demands of this activity can be harmful to a student with physical limitations. It is the student's responsibility to inform the instructor of any physical limitations (including a recent positive PAR-Q) **prior to** participating in any activity class. Appropriate activity modifications will be made to accommodate these students.

### **Course Content:**

1. Fundamental basketball skills
2. Build the offense
3. Build the defense
4. Player to player offense
5. Zone offense
6. Player to player defense
7. Zone defense
8. Special game situation
9. History of the game
10. FIBA rules

## Supplementary Course Information

*In accordance with the University of Calgary Calendar*

**Academic  
Accommodation  
Awareness Information:**

It is the student's responsibility to request academic accommodation. If you are a student with a documented disability who may require academic accommodation and have not registered with the Disability Resource Centre, please contact their office at 220-8237. You are also required to discuss your needs with your instructor no later than fourteen (14) days after the commencement of this course. Students who have not registered with the Disability Resource Centre are not eligible for formal academic accommodation.

**Plagiarism/Cheating/Other Academic  
Misconduct:  
(see Calendar)**

A single offence of cheating, plagiarism, or other academic misconduct is a serious act that will not be tolerated in the Faculty of Kinesiology. Penalties for such acts will be determined by the Dean and may result in a failing grade, probation, suspension, or expulsion. Any student who is uncertain if an action falls into this category should consult the instructor and/or the Calendar.

**Midterm Exam Policy:**

The Faculty of Kinesiology policy is that all students are expected to write midterm exams on the dates listed on the course outline. Special accommodation may be granted by the instructor in exceptional circumstances only which include illness, participation in athletic events (varsity, national or international), domestic affliction, and religious conviction. It is the student's responsibility to supply proper documentation and/or notification prior to the originally scheduled midterm to support their circumstance. Personal travel plans and arrangements are not valid reasons for requesting a special accommodation for a midterm exam. Failure to comply with this policy will result in a grade of zero for the midterm and possible failure in the course.

**FOIP Policy:**

Please note that the University is under the jurisdiction of the provincial Freedom of Information and Protection of Privacy (FOIP) Act. Please refer to the website for details:  
<http://www.ucalgary.ca/secretariat/privacy>

**Internet and Electronic  
Communication Device  
Information:**

Any surfing of the Internet during lectures that is not directly related to the class discussion is distracting and strictly forbidden. Additionally, the use of any electronic devices (e.g., cellular phones, Blackberrys) for e-mailing, texting, etc. is strictly prohibited. Please turn OFF your phone before the beginning of each lecture.

Instructors have the authority, at the discretion of the dean of their faculty, to require that specific course assignments, term papers and academic exercises be submitted in an electronic format. Instructors cannot require that multiple copies of an assignment be submitted.

**Emergency  
Evacuation/Assembly  
Points:  
Safewalk Information:**

For classes in the Kinesiology buildings Primary assembly point is the MacEwan Student Centre - North Courtyard and the Alternate assembly point is University Theatres Lobby

Safewalk volunteers walk people safely to their destination on campus (including Health Sciences, Children's Hospital, McMahon Stadium, and University LRT station). This service is free and available to students, staff and campus visitors. Call 403-220-5333 (24 hours a day/7 days a week/365 days a year).

**Student's Union:**

The Kinesiology Representative is Calindy Ramsden - E-mail: [kinesrep@su.ucalgary.ca](mailto:kinesrep@su.ucalgary.ca).