TEAM 186 BASKETBALL: INDIVIDUAL SKILL DEVELOPMENT

This course focuses on mastering individual skills rather than team concepts. It is designed to improve the individual skills of students wishing to play intercollegiate community college basketball. Students spend considerable time working on the fundamentals of the game: ball handling, passing and shooting. Students also participate in numerous competitive drills and basketball conditioning. May be repeated once for credit. Grade Option (Letter Grade or Pass/No Pass). Degree Credit.

Units: 1

Hours/semester: 48-54 Lab

Recommended: Demonstrated ability is required.

AA/AS Degree Requirements: Area E2; Physical Education

Transfer Credit: CSU (CSU GE Area E2), UC*