

West Los Angeles Community College
Kinesiology 504, Section #2326; PEC Gym
Intercollegiate Sports: Women's Basketball (3 units)



Fall Semester 2013
Mon-Fri: 3:00-5:05 pm
Gym

Instructor: Colleen Matsuhara
Office: PEC-South, room 132
Office: 310-287-4591
Email: matsuhc@wlaac.edu

Course Description

An intermediate to advanced level basketball class designed for students who desire to compete on the West LA Women's Intercollegiate Basketball team, a member of the Western State Conference (South Division).

The course involves strenuous physical activities, conditioning and exercises (both anaerobic and aerobic) related to basketball.

Class Standards and Rules

Students must be dressed in appropriate basketball workout clothes and athletic shoes. State rule: no jewelry may be worn (eg. earrings, nose rings, necklaces, bracelets) in practices/games.

All cell phones, beepers, pagers, etc. must be off during class. Devices of this type should be placed on vibrate or silent.

If you will be absent or late for class, you must call the office phone (310) 287-4591 or call a member of the coaching staff prior to the start of that particular class/practice.

The "WLAC Standards of Student Conduct" (found in both the Schedule of Classes and the College Catalog) will be enforced. Furthermore, the WLAC standard of Academic Integrity will be followed and adhered to.

Students who must drop this class should drop online at www.wlaac.edu. Click "For Students," then "Student Information System" by the Fall date listed. Students who stop attending class are responsible for withdrawing from the class to prevent being issued a failing "F" grade in the class. **It is your responsibility to drop the class.**

Students with disabilities who believe they may need accommodations in this class are encouraged to contact Disabled Students Programs and Services located in HRLC, phone #310-287-4450, as soon as possible to better ensure such accommodations are implemented in a timely fashion.

Course Outcomes Related to College-wide Student Learning Outcomes (SLO)

Technical Competence: utilize the appropriate equipment effectively for personal needs. Use competent technique in a practice session and/or intercollegiate contest.

Communication: effectively communicate thought in a clear manner to inform and convey ideas in a competitive setting.

Cultural Diversity: respectfully engage with other cultures in an effort to understand them.

Student Learning Objectives for PE 504

Students will demonstrate proper form and application of the learned drills and exercises.

Students will demonstrate increased basketball strategy and skills vocabulary.

Students will apply and practice the concepts of teamwork, cooperation, communication and respect for each other.

Students will assess the risk factors of a specific training activity and practice safety precautions.

Course Prerequisites

Student must be enrolled in a minimum of 12 units (of which 9 units are academic) and have playing eligibility as determined by the CCCAA and the Western State Conference. Student must pass the WLA physical or provide proof of a physical exam by a licensed and certified physician. Previous playing experience of at least two years of high school varsity basketball level is highly recommended.

Student must become a member of the ASO prior to the first game.

Cardiovascular endurance enabling the student to maintain a high level of effort for at least two hours daily is highly recommended.

Additionally, students are expected to positively represent West LA College during competition, both home and away. This includes avoiding the use of profanity, conducting oneself in a mature manner and dress according to the team dress code. Demonstrating good sportsmanship at all times towards teammates, coaches, opponents, officials is expected.

The use of alcohol, tobacco or drugs is not tolerated.

Additional Course Information

Lockers are available from the Women's Locker Room attendant; however, you must furnish your own lock.

Please be on time in order to properly warm-up/stretch. Allow time prior to practice for the athletic training room staff to provide preventative or rehabilitative treatment(s).

Grading: your grade will be based on the following:

1. Punctual attendance at all practices, workouts, competition (home and away) during the Fall Semester, Holiday period and Winter intersession. Attendance means participation in all drills (unless excused by the Athletic Trainer/medical doctor), which includes effort and attitude. The ability to execute multiple offenses, defenses, special plays and fundamental basketball skills with demonstrated mental stability and maturity during all practices, workouts and competition is required. (80 points)

2. Rules and basketball strategy/terminology quiz (10 points)

3. Proper care and timely return of practice apparel, game apparel and equipment (10 points)

Attendance:	80 points	90-100%	A
Quiz :	10 points	80-89%	B
Gear return:	10 points	70-79%	C
		60-69%	D
Total:	100 points	0-59%	F

Coach Colleen Matsuhara's Fall Semester 2013 Office Hours:

Tuesday: 9:30-10:30 am; 2:00-3:00 pm; 5:00-5:30 pm

Wednesday: 2:30-3:00 pm; 5:00-6:30 pm

Thursday: 9:30-10:00 am

Office location: Room 132 in PEC-South

Office phone: 310-287-4591

Email: matsuhc@wla.edu

Note: on Tuesdays and Thursday mornings, you can find Coach Matsuhara as follows:

6:30 am-7:55 am PEC-104 (Fitness Center)

8:00 am-9:25 am PEC-North room 14 (Women's Weight Training)