

**PEHR:  
(Intercollegiate Basketball for Women)  
Syllabus, Spring 2013**

**Instructor:** Angie Kristensen  
**Instructor information:** 652-7920  
kristensen@dixie.edu  
215-9605  
Office in lower level of Burns Arena  
**Course Credits:** 1.0  
**Location of Class:** Burns Arena  
**Beginning/Ending Date:** Jan 10th, 2010 through May 6th 2010  
**Meeting Times for Class:** 1-3

**Pre- requisites:**

**Textbook for Class:** n/a

**Course Description:**

**Department and Course Objectives:**

**I. PEHR Objectives:**

- a. Enhance development of physical, mental, social, and emotional well-being through physical education;
- b. Be supported to develop personal, lifelong commitment to physical activity for the long range health benefits;
- c. Develop competencies in athletic activities that will bring greater satisfaction to participation in athletics;
- d. Demonstrate an understanding of physiology that promotes safety in physical exercise;
- e. Develop a fitness plan pertinent to the physical activity of the course, as applicable.

**II. Course Objectives:**

- a. Offensive
  1. Players will learn to move with/with out the ball
- b. Defense
  1. Players will learn basic man to man concepts, 1-1-3 match up zone, And full court presses

- c. Rebounding
  1. Players will learn correct procedures in boxing out and going after the ball.
- d. Ball Handling
  1. Players will work on one ball – two ball handling drills
- e. Screens
  1. Players will learn to set up screens on and off the ball
  2. Players will learn to defend the screens working  
On staying and switching
- f. Set Plays
  1. Players will learn all our set plays for  
Half court sets, quick hitters, sidelines, and out of bounds
- g. Transition
  1. Players will learn how to read against numbers  
Offensively and defensively
- h. Passing
  1. Players will learn the correct passes and when to use them  
Bounce, Chest, Overhead, Baseball
- i. Shooting
  1. Players will work on correct form with shooting

### **Grading Criteria**

I.	Attendance	Number of practices	X 10 = <i>n</i>
II.	Skill Development	Number of skills	X 10 =
III.	Effort	Effort in practice	X 10 =
IV.	Competition	Commitment in games	X 10 =

Final grade determined by following percentages:

- A = 90-100%
- B = 80-89%
- C = 70-79%
- D = 60-69%
- F = Below 60%

## **Institutional and Class Policies**

- I. Academic Integrity- Failure to comply with academic integrity, honesty, and behavior standards of Dixie College may result in course failure or administrative withdrawal from the class. Don't be cheating. Inappropriate classroom behavior may also result in an administrative withdrawal. You will be notified of your withdrawal in this way:
  - a. A verbal request to comply with behavioral expectations of the class.
  - b. On written 'warning' letting you know that you have not made the required behavioral change.
  - c. Administrative withdrawal.
  
- II. **Withdrawal:** If you decide to drop the class, it is up to you to turn in a drop card to the registrar to make sure you are off the enrollment list for the class. Final day to withdraw is March 30th.
  
- III. Student Support Services- If you are a student with a physical or mental impairment and would like to request accommodations, please contact the Disability Resource Center (652-7516) in Room 201 of the Student Services Center. The Disability Resource Center will determine your eligibility for services based upon complete professional documentation. If you are deemed eligible, the Disability Resource Center will further evaluate the effectiveness of your accommodation requests and will authorize reasonable accommodations that are appropriate for your disability.
  
- IV. Library Services- If you need help from a librarian, access this site:  
<http://library.dixie.edu/>
  
- V. SAAC- The Student Athlete Advisory Committee is set up to serve the athlete in the case that there is a misunderstanding or grievance concerning scholarship or eligibility determination. Student athletes should report such difficulties to Tim Eicher, Faculty Athletics Representative, who will convene a meeting of the SAAC if deemed appropriate.
  
- VI. Writing help- If you need help with writing papers, you can physically go to the writing lab in the Browning Learning Center. You can also reach the Online Writing Center by going to the DSC home page ([www.dixie.edu](http://www.dixie.edu)), pointing to 'Academics', and on the pop-up menu, clicking on Online Writing Lab. The direct URL to this site is <http://dsc.dixie.edu/owl/>
  
- VII. Attendance for this class is required. There will be no more than 2 allotted practices to be missed for the entire semester. If you are injured presence is still required.
  
- VIII. As a member of this team you are expected to be a part of this family. You need to take responsibility and make a true commitment to this program and class.

## **OUTLINE FOR PEHR**

<b>Date</b>	<b>Skills</b>	<b>Attendance</b>	<b>Effort</b>	<b>Performance</b>
<b>Jan 7</b>	<b>Defense</b>			
<b>Jan 9</b>	<b>Ball Handling</b>			
<b>Jan 14</b>	<b>Shooting</b>			
<b>Jan 16</b>	<b>Transition</b>			
<b>Jan 21</b>	<b>Passing</b>			
<b>Jan 23</b>	<b>Defense</b>			
<b>Jan 28</b>	<b>Ball Handling</b>			
<b>Jan 30</b>	<b>Shooting</b>			
<b>Feb 4</b>	<b>Transition</b>			
<b>Feb 6</b>	<b>Passing</b>			
<b>Feb 11</b>	<b>Set Plays</b>			
<b>Feb 13</b>	<b>Rebounding</b>			
<b>Feb 18</b>	<b>Defense</b>			
<b>Feb 20</b>	<b>Ball Handling</b>			
<b>Feb 25</b>	<b>Shooting</b>			
<b>Feb 27</b>	<b>Transition</b>			
<b>Mar 4</b>	<b>Weights / Conditioning</b>			
<b>Mar 6</b>	<b>Offense</b>			
<b>Mar 18</b>	<b>Defense</b>			
<b>Mar 20</b>	<b>Weights / Conditioning</b>			
<b>Mar 25</b>	<b>Weights / Conditioning</b>			
<b>Mar 27</b>	<b>Weights/ Conditioning</b>			
<b>April 1</b>	<b>Weights / Conditioning</b>			
<b>Apr 3</b>	<b>Weights / Conditioning</b>			

<b>Apr 8</b>	<b>Weights / Conditioning</b>			
<b>Apr 10</b>	<b>Weights / Conditioning</b>			
<b>Apr 15</b>	<b>Weights / Conditioning</b>			
<b>April 17</b>	<b>Weights / Conditioning</b>			
<b>April 22</b>	<b>Weights / Conditioning</b>			
<b>April 24</b>	<b>Final</b>			