
SECTION HEADING

PHED 1173: Intercollegiate Women's Basketball

Description

Intercollegiate Women's Basketball includes participation in intercollegiate competition in women's basketball, where they acquire knowledge at the freshman intercollegiate level, representing Minnesota West Community and Technical College in the Minnesota Community College Athletic Conference.

Credits

1

Prerequisite

None

Topics to be Covered

1. NJCAA/NCAA women's basketball rules, standards for eligibility and student code of conduct
2. Offensive and defensive techniques and strategies
3. Film breakdown
4. Conditioning and proper nutrition
5. Healthy Lifestyles
6. Teamwork
7. Sportsmanship (Diversity and inclusion)

Learning Outcomes

1. Exhibit proficiency in proper execution of game situations
2. Demonstrates professional and ethical responsibility within the team and competitive arena including proper etiquette and good sportsmanship
3. Utilize the techniques, skills, and tools necessary for enhancement of health, fitness, nutrition and overall well-being
4. Understand and explain team rules and student code of conduct when representing the team in the classroom, outside of school events, in the community, at practices and at all contests

Corequisite

None

Credit Details

Lecture: 1

Lab: 0

OJT: 0

MnTC Goal Area(s): None