

# **PETA 110**

## **Field Games and Basketball**

2 Credits

Community College of Baltimore County  
Common Course Outline

### **Description**

**PETA 110 – Field Games and Basketball:** deals with progressive techniques and selected field games in the first seven weeks; provides an in-depth study of basketball in the second seven weeks. This course may be used to fulfill 2 elective credits.

### **Overall Course Objectives**

Upon completion of this course, students will be able to:

#### Flag Football

1. Demonstrate fundamental skills of flag football including passing, catching, and punting;
2. Identify the eleven offensive and defensive positions of the team;
3. Identify the basic offensive running and passing plays for flag football;
4. Identify the precautionary measures to minimize hazardous play in flag football including block and tackling, defensive pay when attempting to secure flag, and ball carrier restrictions;
5. List and define the fouls and penalties of flag football;
6. Identify the safety precautions when playing flag football.
7. Identify the paying courtesies of flag football.

#### Basketball

8. Demonstrate the fundamental skills of basketball including passing, catching, shooting, and dribbling;
9. Demonstrate the individual defensive skills including stance, guarding man with the ball, guarding man without the ball, center defense and defensive help;
10. Demonstrate team defenses including man to man, zone, combinations, and presses;
11. Demonstrate individual offensive skills including being a receiver, faking and feinting, triple treat position, driving to the basket, using screens and picks, two man plays, and three man plays;
12. Identify the team offense situations including man to man offensive sets, zone offensive sets, offense verses zone presses and man to man presses and controlled fast break; and
13. Identify rebounding techniques including positioning, blocking out, getting the ball and outlet pass.

### **Major Topics**

- I. Flag Football
  - a. Skills necessary to play Flag Football
  - b. Positions of Offense and Defense

The Common Course Outline (CCO) determines the essential nature of each course.  
For more information, see your professor's syllabus.

- c. Basic Offensive Running and Passing Plays
  - d. Ways to Minimize Hazardous Play
  - e. Fouls and Penalties
  - f. Safety Factors to consider
  - g. Playing Courtesies
- II. Basketball
- a. Fundamental Skills
    - i. Passing
    - ii. Catching
    - iii. Shooting
    - iv. Dribbling
  - b. Individual Defensive Skills
  - c. Team Defense Skills
  - d. Individual Offensive Skills
  - e. Team Offensive Situations
  - f. Individual Rebounding Skills

### **Course Requirements**

Grading will be determined by the individual faculty member, but shall include the following, at minimum:

- Minimum of one written test
- Minimum of one skill test
- Participation in activity labs

Written assignments and research projects: Students are required to use appropriate academic resources in their research and cite sources according to the style selected by their professor.

### **Other Course Information**

The Community College of Baltimore County is committed to providing a high-quality learning experience that results in a growth in knowledge, attitudes, and skills necessary to function successfully as a transfer student, in a career and as a citizen. To accomplish this goal, we maintain high academic standards and expect students to accept responsibility for their individual growth by attending class, completing all homework and other assignments, participating in class activities, and preparing for tests.

Date Revised: 6/1/2021

The Common Course Outline (CCO) determines the essential nature of each course.  
For more information, see your professor's syllabus.