

Jadara University  
Physical Education Faculty  
Department of Physical  
Education



جامعة جدارا  
كلية التربية الرياضية  
قسم التربية الرياضية

## كلية التربية الرياضية

### General information about the course

	1	BASKETBALL 1	Course Title	1
	Course Number	131243	Course Code	2
nasseralawneg6@gmail.com n.alawneh@jadara.edu.jo		the second 2025-2026 -	Semester	3
the second	Semester	فصلي	Study System	4
		NASSER ALAWNEH	Prepared By	5
		2026/2/20	DATE OF APPROVAL	6
		PRACTICAL	Credit Hours	

### **Course Description**

This course covers many fundamental basketball skills without repetition, such as the static stance, running, dribbling, and pivot. It also covers basic basketball skills like:

1. Holding the ball, receiving, and dribbling, including dribbling techniques such as low, high, and medium dribbles.
2. Passing: overhead, rebound, and chest pass.
3. Shooting: stationary, jump shot, and handball.
4. Learning the free throw.
5. Important basketball rules.

### **Course objectives**

General Objective: -

This course is expected to help students understand and learn the basic skills of basketball.

Course Objectives:

1. To explain the teaching steps for basic basketball skills.
2. To learn the teaching steps for basic basketball skills.
3. To apply basic basketball skills.

Course Intended Learning Outcomes (CILOs)	
A. Knowledge - Theoretical Understanding	
a1 Definition of terms and concepts related to philosophy and the educational steps for different basic skills (K 2)	
- Knowledge - Practical Application B	
a 2 Applying the basic skills of the basketball game (K3)	
Skills - General problem-solving and analytical skills C	
b 1 Analysis of basic basketball skills through real playing situations (S 1)	
Skills – Communications, Information Technology, Telecommunications, and Accounting D	
Skills – Communications, Information Technology, Telecommunications and Accounting B2	
E Competencies – Autonomy, Responsibility, and Context	
C1 Adapts to different basketball skills in real playing situations (C2)	
طرق التعلم والتعليم	
Face-to-face learning	
Discussion and dialogue within the lecture setting	
	Practical lectures in the basketball court
Evaluation methods	
Theoretical tests	
Continuous assessment during lectures	
	Midterm and final exams

Course content					
Evaluation methods	Learning and teaching methods	Topics	Outputs	Watches	week
- Theoretical tests - Continuous assessment during lectures - Midterm and final exams	Face-to-face learning - Discussion and dialogue during lectures - Practical lectures on the basketball cour	Course Objectives: - History, Origins, and Development of Basketball - Ball Handling and Exercises + Reason for Choosing the Basketball Height - History of Jordanian Basketball - Basketball Court: Dimensions and Areas	A1 + a 2		First + second
- Theoretical tests - Continuous assessment during lectures - Midterm and final exams	Face-to-face learning - Discussion and dialogue during lectures - Practical lectures on the basketball cour	Warm-up and stretching Ball catching Dribbling Stationary dribbling Overhead dribbling Underground dribbling -	a1 + a2 + b1		Third and fourth
- Theoretical tests - Continuous assessment during lectures - Midterm and final exams	Face-to-face learning - Discussion and dialogue during lectures - Practical lectures on the basketball cour	Play centers	a1 + A2 + B1 + C1		Fifth + sixth
		Midterm exam			
- Theoretical tests - Continuous assessment	Face-to-face learning - Discussion and dialogue	- Overhead pass - Shoulder pass - (Fast break)	A2 + B1 +		Eighth + seventh

during lectures - Midterm and final exams	during lectures - Practical lectures on the basketball cour		C1		
- Theoretical tests - Continuous assessment during lectures - Midterm and final exams	Face-to-face learning - Discussion and dialogue during lectures - Practical lectures on the basketball cour	- Shooting from a stationary position Shooting from a jump	A1 + A2 + B1		Ninth + tenth
- Theoretical tests - Continuous assessment during lectures - Midterm and final exams	Face-to-face learning - Discussion and dialogue during lectures - Practical lectures on the basketball cour	layup shooting	A1 + A2 + B1		Eleventh
- Theoretical tests - Continuous assessment during lectures - Midterm and final exams	Face-to-face learning - Discussion and dialogue during lectures - Practical lectures on the basketball cour	Free throw	A1 + A2 + B1		+
		Final exams			Twelfth

the components	
NABA	book
Course textbook authored by Professor علاونه, ناصر احمد رداد 2023	
2023NABA Nasser Alawneh for basketball coaching	references

Course evaluation plan					
Outputs				Degree	Evaluation methods
C 1	B 1	A 2	a 1		
5	10	5	10	30	First exam (midterm)
10	10	10	10	40	Second exam (final)
10	10		10	30	Coursework
					Term work
					Evaluating term work
					Jobs
					Study cases
					Discussion and interaction
					Activities
					Exams, labs, and jobs
					Introduction exams
0					Short exams
25	20	25	30		
				100	the total

