

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 Basketball training	Course Title	1
	Course Number	132225	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 several fundamental basketball skills without repetition, such as the ready stance, running, stopping, and pivoting. It also covers basic basketball skills like:

1. Holding the ball, receiving, and dribbling (including low, high, and medium dribbles).
2. Passing: overhead, rebound, and chest pass.
3. Shooting: stationary, jump shot, and handicap.
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)
Learning and teaching methods
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						
week	Evaluation methods	Learning and teaching methods	Topics	Outputs	Watches	
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	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 + a2		
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	Warm-up and stretching Ball catching Dribbling Stationary dribbling Overhead dribbling Underground dribbling -	a1 + a2 + b1		
Fifth + sixth	- 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		
			Midterm exam			

Eighth + seventh	<ul style="list-style-type: none"> - Theoretical tests - Continuous assessment during lectures - Midterm and final exams 	<ul style="list-style-type: none"> Face-to-face learning - Discussion and dialogue during lectures - Practical lectures on the basketball cour 	<ul style="list-style-type: none"> - Overhead pass - Shoulder pass - (Fast break) 	<ul style="list-style-type: none"> A2 + B1 + C1 	
Ninth + tenth	<ul style="list-style-type: none"> - Theoretical tests - Continuous assessment during lectures - Midterm and final exams 	<ul style="list-style-type: none"> Face-to-face learning - Discussion and dialogue during lectures - Practical lectures on the basketball cour 	<ul style="list-style-type: none"> - Shooting from a stationary position Shooting from a jump 	<ul style="list-style-type: none"> A1 + A2 + B1 	
Eleventh	<ul style="list-style-type: none"> - Theoretical tests - Continuous assessment during lectures - Midterm and final exams 	<ul style="list-style-type: none"> Face-to-face learning - Discussion and dialogue during lectures - Practical lectures on the basketball cour 	<ul style="list-style-type: none"> layup shooting 	<ul style="list-style-type: none"> A1 + A2 + B1 	

Twelfth	- 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			

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

Course evaluation plan

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