

# BASKETBALL STUDY GUIDE

Physical Education

## *History of Basketball*

### ***Basketball:***

A game played with a round leather-covered ball by two teams on a rectangular court. *James A. Naismith* invented basketball in **1891**. Naismith was a physical education teacher at the International YMCA Training School (now Springfield College) in Springfield, Massachusetts. He was asked by the school to create a team sport that could be played indoors during the winter.

At first two *wooden peach baskets* were chosen as goals. They were hung at each end of the gymnasium. A soccer ball was selected and play was begun with seven, eight, and sometimes nine men on each side. The game was started, as it is today, by having a referee toss the ball up at midcourt between two players from opposing sides. The sport proved an immediate success with players. The *peach baskets* were quickly replaced by metal ones and, **1906**, by open hoops of the kind used today. *Backboards* were introduced to keep over enthusiastic spectators from interfering with the ball.

Basketball spread rapidly across the United States and was being played by many YMCA groups, high schools, colleges, and semi-professional and professional teams. Naismith published his *13 original rules* in the YMCA Training School newspaper. But many groups established their own rules and were still playing by them as late as **1915**. This led to confusion, and for several years basketball was an undisciplined game without uniform interpretation. Not until late in 1915 did the *National Collegiate Athletic Association and the Amateur Athletic Union* get together and form the Joint Basketball Rules Committee. This committee through the years **1915-1934** developed a standard set of basketball rules.

The object of the game is to score more points than your opponents. The development of scoring opportunities is the ability to perform the basic fundamental skills to get the ball into position where shooting percentages are the highest. To do this players must be skillful shooters, and they must be able to move skillfully without the basketball. When a player is not shooting and has the ball, he must cut through the lane, fake, and set screens. All of these fundamentals are necessary to get the best possible percentage shot. One of the most important fundamentals of basketball is the defense each team plays. If players work hard on defense and keep the other player and team from scoring, then the offense does not have to score as many points. This gives a chance to teams that are not so skillful offensively but have the determination to work hard on defense.

# Basketball Study Guide Physical Education

**Mabel E. Rugen, Jeanette B. Saurborn**

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the authors' names.

## **Basketball Study Guide Physical Education:**

**CXC Study Guide: Physical Education and Sport for CSEC®** Linda Goodwin, Sally Fountain, June Caddle, Theophilia Charles, 2016-06-09 Developed exclusively with the Caribbean Examinations Council this Study Guide provides you with support to maximise your performance in CSEC Physical Education and Sport Written by teachers examiners and experts in the field it covers all the elements of the syllabus in the examination in an easy to use double page spread format and a range of features designed to enhance study Features include activities and tips as well as examination practice and sample answers to build assessment confidence

**Elementary Physical Education: Student Assessment and Lesson Plan**

**Workbook** Inez Rovegno, Professor Emeritus University of Alabama Tuscaloosa Inez Rovegno, Dianna Bandhauer, 2012-03 The Student Assessment and Lesson Plan Workbook includes additional resources to complement the contents of Elementary Physical Education Curriculum and Instruction Students will benefit from additional assessment tools to evaluate and improve their teaching In addition students are provided with over 30 lesson plans and learning experiences to build their teaching tool box

**Physical Education Teaching Manual** Mabel E. Rugen, Jeanette B. Saurborn, 1936 **Proceedings of the 6th Yogyakarta International Seminar on Health, Physical Education, and Sports Science (YISHPESS 2023)**

Yudik Prasetyo, Siswantoyo, Soni Nopembri, Novita Intan Arovah, Nurdiana Gaus, Gunathevan Elumalai, Wallapa Choeibuakaew, 2023-12-31 This is an open access book The ultimate goal of physical education and physical activity promotion is to facilitate and encourage individuals to engage in a physically active lifestyle It can be achieved by improving physical literacy which is defined as the ability of individuals to move with competence and confidence in a wide variety of physical activities in multiple environments that benefit the healthy development and overall quality of life of the whole person Prior to developing strategies for improving physical literacy its concept needs to be defined and conceptualized because it involves complex interplays of individuals knowledge and understanding of physical activity as well as individuals motivation self confidence and physical competence for being physically active for life The 6th Yogyakarta International Seminar on Health Physical Education and Sports Science YISHPESS 2023 respond to this issue by organising the conference which carries a theme of Lessening the prevalence of sedentary lifestyles through the use of physical education resources The Conference invites reputable international scholars and experts closely working in physical literacy physical education and sports science in general

**Savior Bible Study Guide** Passion Publishing, 2024-01-30 In a world of bad news the story of Jesus our Savior is incredibly good news The apostle Paul tells us that all have sinned and fallen short of God's holy standard see Romans 3:23 The consequences of our sin and rebellion is death see Romans 6:23 But God in his great mercy sent Jesus into the world to pay the penalty for our transgressions Jesus who is God in the flesh was the only sinless person to have ever lived He was able to do what we could not do and make a way for us to come before God In the six lessons of Savior you will explore how Jesus being fully human but also fully divine was able to offer himself as the perfect

sacrifice for our sins You will learn about Jesus mission for humanity the kingdom of God he ushered in and how he made a way for all who believe in him to be saved Savior will help you see that even though God may feel distant at times he is always working for your good and his glory God has always been faithful to his people and he always will be Savior is the fourth of six volumes in the Jesus Bible Study Series following Beginnings Revolt and People Work through all the volumes in any order individually or within a group setting

**Physical Education Technology Playbook** Darla M. Castelli, Leah Fiorentino, 2008 It is widely accepted that the increasing use of technology such as TV and computers has led to a reduction in physical activity But in Physical Education Technology Playbook authors Darla Castelli and Leah Holland Fiorentino show you how to use technology to increase physical activity and enhance learning about health and fitness This book comes with detailed instructions and examples so you can easily incorporate the described technologies into your teaching From cover

**AQA A Level Physical Education Student Guide 1: Factors affecting participation in physical activity and sport** Symond Burrows, Michaela Byrne, Sue Young, 2019-07-29 Reinforce your students understanding throughout their course with this guide packed full of reliable content and sample questions and answers with commentary Written by best selling authors of our My Revision Notes and teachers with extensive examining experience this guide can help your students to improve their exam technique and achieve their best Helps students identify what they need to know with a concise summary of the topics examined at A level Consolidates understanding through assessment tips and knowledge check questions Offers opportunities for students to improve their exam technique by consulting sample graded answers to exam style questions Develops independent learning and research skills Provides the content students need to produce their own revision notes This guide covers the content and exam support you need for Paper 1 1 Applied anatomy and physiology 2 Skill acquisition 3 Sport and society

**Routledge Handbook of Physical Education Pedagogies** Catherine D. Ennis, 2016-08-05 The first fully comprehensive review of theory research and practice in physical education to be published in over a decade this handbook represents an essential evidence based guide for all students researchers and practitioners working in PE Showcasing the latest research and theoretical work it offers important insights into effective curriculum management student learning teaching and teacher development across a variety of learning environments This handbook not only examines the methods influences and contexts of physical education in schools but also discusses the implications for professional practice It includes both the traditional and the transformative spanning physical education pedagogies from the local to the international It also explores key questions and analysis techniques used in PE research illuminating the links between theory and practice Its nine sections cover a wide range of topics including curriculum theory development policy and reform transformative pedagogies and adapted physical activity educating teachers and analysing teaching the role of student and teacher cognition achievement motivation Offering an unprecedented wealth of material the Routledge Handbook of Physical Education Pedagogies is an essential reference for any undergraduate or postgraduate degree programme in physical

education or sports coaching and any teacher training course with a physical education element      **Learning by Choice in Secondary Physical Education** Kevin Kaardal, 2001 Presents a step by step program designed to help physical education teachers create a curriculum that allows students to select their activities organize themselves plan objectives follow through and stay on course with little direction      **Resources in Education** , 1984      Introduction to Kinesiology Shir J. Hoffman, 2013 Introduction to Kinesiology Studying Physical Activity Fourth Edition offers the most cohesive introduction to the field of kinesiology available giving students a solid background in the field and preparing them for further study and course work      **Taiwan Country Study Guide Volume 1 Strategic Information and Developments** IBP USA, 2012-03-03 Taiwan Country Study Guide Strategic Information and Developments Volume 1 Strategic Information and Developments      *Catalog of Copyright Entries. Third Series* Library of Congress. Copyright Office, 1977      *Physical Education, Health and Education Innovation* Jorge Carlos-Vivas, Noelia Belando Pedreño, Manuel Gómez-López , Paulo Jorge Martins, David Manzano Sánchez, 2024-10-10 Today's society demands to train children and adolescents who develop in an environment based on respect and the promotion of educational values This aspect is especially relevant to promoting physical activity and its relationship with healthy habits such as the consumption of unprocessed foods the reduction of a sedentary lifestyle and the improvement of adherence to sports In this sense the World Health Organization warns that the current rates of overweight and obesity are very high and that we must combat them From formal education you can help improve healthy habits with educational programs and especially in Physical Education a subject where the work of physical social and cognitive well being has special relevance Since the 20th century studies and research that have aimed to combat unhealthy habits in educational centres and sports schools have increased Not only by promoting physical activity within the school but above all by seeking to generate adherence towards the future of students and athletes      **P.L.A.N. for Better Learning** Kevin Bird, Kirk Savage, 2015-11-26 This hands on guide is designed to assist teachers as they structure their learning practice The framework of four basic and proven steps Preparation Learning Sequence Authentic Application and New Thinking can be used at any level for any subject and for learning applications from lessons to unit plans The P L A N approach aims to improve flow in teaching to help teachers truly implement purposeful planning personalization and engagement Combining the best research on how we learn with practical lesson exemplars the P L A N process encourages and supports goal setting student engagement and transformational learning      Case Studies in Physical Education Sandra Stroot, 2017-06-30 Case Studies in Physical Education Revised Edition applies the case study method to the field of physical education where it is an effective means for future teachers to explore challenging scenarios that they are likely to encounter in their careers These engaging reader friendly case studies provide readers with concrete suggestions for connecting classroom theory with what actually happens in school Theories and concepts concerning educational philosophy methodology curriculum discipline and assessment become more meaningful when explored in a case scenario in which the

central characters confront situations that develop as a consequence of their or others pedagogical choices The cases in this book also promote critical thinking and problem solving skills Each case is followed by questions that prompt readers to analyze the situation formulate a plan of action to address the problem and anticipate and evaluate the potential consequences of the plan s implementation In small groups individually or as a whole class readers can explore and debate their strategies for addressing the issues Readers will learn there is no one right answer to situations that can occur in the education environment They will develop their communication skills as they learn to articulate and defend a plan of action to address the situation and they will also learn the importance of collaborating with colleagues as they listen to and learn from the ideas of others These cases were prepared by 36 experienced physical educators from the elementary secondary and university levels who collaborated in teams to create cases based on their collective real life experiences As a result the cases take place in a variety of contexts in elementary middle and high schools in urban suburban rural schools and in wealthy and needy districts They present a variety of issues encountered in schools today including issues related to teaching methods classroom management multicultural education classroom assessment inclusion relations with co workers marginalization of physical education and gender equity As in real life each case raises a number of related issues that stimulate further discussion or provide opportunities for assignments This revised edition contains the same proven effective case studies as in the first edition while incorporating minor updating throughout to reflect changes in technology and society since its original publication

**Improving Teaching And Learning In Physical Education** Grout, Harvey, Long, Gareth, 2009-06-01 This book is about the PE lesson at key stages 3 and 4 It serves to enhance teaching and learning in physical education by showing trainee teachers how to understand and apply the concepts fundamental to planning teaching and learning and how they can apply theory to their own practice in order to become a successful teacher and to develop successful learners Each chapter explores important aspects of PE pedagogy and relates them directly to pupil learning within the lesson

Physical Education Methods for Elementary Teachers Katherine T. Thomas, Amelia M. Lee, Jerry R. Thomas, 2008 The authors show non specialists how to develop a realistic and workable approach to teaching physical education The book makes physical education worthwhile practical and fun for students and teachers The text provides the reader with a basic physical education curriculum and suggestions for how to implement this

A Study Guide for Chris Crutcher's "Crazy Horse Electric Game" Gale, Cengage Learning, 2016-06-29 A Study Guide for Chris Crutcher s Crazy Horse Electric Game excerpted from Gale s acclaimed Novels for Students This concise study guide includes plot summary character analysis author biography study questions historical context suggestions for further reading and much more For any literature project trust Novels for Students for all of your research needs

Game-based Approaches in Physical Education Cláudio Farias, Shane Pill, Linda Griffin, 2025-06-30 Game Based Approaches in Physical Education International Applications presents 22 chapters including 18 teaching units to be applied in physical education or youth sport divided into 4 categories of games and an

additional category of performance activities This book combines the pedagogical academic and practical knowledge of a team of experts in the global game based approaches community Sharing some common universal principles about game based physical education teaching this book innovates by offering unique cultural perspectives and diversity in the pedagogical interpretations made in different continents and countries of the original Teaching Games for Understanding TGfU approach Each unit includes a framework of tactical content of increasing complexity a teaching unit outline between 9 and 20 lessons and the respective game based activities and learning tasks By covering the key themes in contemporary sports pedagogy and physical education including lesson content tactical questioning task design assessment and game modifications this book is essential reading both for all prospective and inservice physical education teachers and sports coaches working with children and youth and their teacher and coach educators

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