****

**Department of Physical Eduction**

**College of Education**

**Salahaddin University – Shaqlawa**

**Subject: Low of Basketball**

**Course Book Year 1**

**Lecturer's name: Dr. Ali Astokorki**

**Academic Year: *2019/2020***

**Course Book**

|  |  |
| --- | --- |
| **1. Course Name** | **Basketball, Rules of the game**  |
| **2. Lecturer in charge** | **Dr. Ali Astokorki** |
| **3. Department/ College** | **Physical Education/ College of Education**  |
| **4. Contact** | **e-mail: aliastokorki@gmail.com****07518079081****07504570709** |
| **5. Time (in hours) per week**  | **Practical: 2 hours Theoretical: 1 hour**  |
| **6. Office hours** | **3 hours**  |
| **7. Course code** | **None**  |
| **8. Teacher's academic profile**  | **ADDRESS: 58 D** **ZANKO** **ERBIL** **IRAQ****PHD ALI ASTOKORKI****SCHOOL OF SPORT & EXERCISE SCIENCES, UNIVERSITY OF KENT****CHATHAM****KENT****ME4 4AG****EMAIL: ALIASTOKORKI@GMAIL.COM****MOB: 009647504570709** **009647518079081****TEACHING/ADMINISTRATION EXPERIENCE****2014-2016 GRADUATE TEACHING ASSISTANT – UNIVERSITY OF KENT, UK****- TEACHING THE MODULE OF INTRODUCTION TO PROFESSIONAL SKILLS****THE MODULE AIMS TO PROVIDE STUDENTS WITH A BASIC KNOWLEDGE OF PROFESSIONAL SKILLS, INCLUDING EMPLOYABILITY SKILLS, AND RESEARCH METHODS. THIS INCLUDES AN INTRODUCTION TO ACADEMIC WRITING STYLE, REFERENCING, PLAGIARISM, QUANTITATIVE RESEARCH, QUALITATIVE RESEARCH, HISTORY OF SCIENCE, CRITICAL THINKING, AND STATISTICS.****- TEACHING LABORATORIES FOR APPLIED SPORT AND EXERCISE PHYSIOLOGY****- SUPPORTING STAFF ON SEVERAL SESSIONS ON LABORATORY TECHNIQUES IN EXERCISE PHYSIOLOGY AND LEADING A SESSION ON LABORATORY TECHNIQUES TO MEASURE PAIN THRESHOLD AND TOLERANCE****- SUPERVISION OF DATA COLLECTION FOR BSC AND MSC DISSERTATION STUDENTS** **- SCHOOL VISIT LEAD****- LEADING SCHOOL GROUP VISITS TO THE DEPARTMENT AND INTRODUCING/SUPERVISING LABORATORY PRACTICALS****- GROUP LEAD FOR UNDER 16 VISITS****2010-2012 ASSISTANT LECTURER – SALAHADDIN UNIVERSITY, IRAQI KURDISTAN** **- TEACHING THE MODULE OF EXERCISE PHYSIOLOGY****- THE MODEL AIMS TO PROVIDE STUDENT WITH A BASIC KNOWLEDGE OF EXERCISE AND PHYSIOLOGY, INCLUDING ANATOMY, SPORT MEDICINE, EXERCISE SCIENCE, AND TRAINING.****- TEACHING LABORATORIES FOR APPLIED SPORT AND EXERCISE PHYSIOLOGY****- SUPPORTING STAFF ON SEVERAL SESSIONS ON LABORATORY TECHNIQUES IN EXERCISE PHYSIOLOGY AND LEADING A SESSION ON LABORATORY TECHNIQUES TO MEASURE VO2MAX TEST, BLOOD LACTATE ANALYSIS.****- SUPERVISING RESEARCH PROJECTS****THIS INCLUDED AN INTRODUCTION TO ACADEMIC WRITING STYLE, REFERENCING, PLAGIARISM, QUANTITATIVE RESEARCH, QUALITATIVE RESEARCH, CRITICAL THINKING, AND STATISTICS.****- SCHOOL VISIT LEAD****2009 ASSISTANT LECTURER – UNIVERSITY OF DOHUK, IRAQI KURDISTAN****- TEACHING THE MODULE OF FUNDAMENTAL BASKETBALL SKILLS****THE MODEL AIMS TO PROVIDE STUDENTS WITH A BASIC KNOWLEDGE OF BASKETBALL SKILLS, INCLUDING DRIBBLING, SHOOTING, PASSING, DEFENCING, JUMPING WHILE TAKING SHOTS, AND RUNNING (TRANSITIONS BETWEEN OFFENSE AND DEFENCE).****- THE MANAGEMENT OF SPORT AND PHYSICAL ACTIVITY****THIS MODULE AIMS TO MANAGE THE TEAM OF DIFFERENT SPORTS AND PHYSICAL ACTIVITIES (E.G, BASKETBALL, HANDBALL, VOLLEYBALL, FOOTBALL, ETC).** **EDUCATION** **2013-PRESENT: PHD ‘THE EFFECT OF EXERCISE-INDUCED PAIN ON ENDURANCE PERFORMANCE, AND STRATEGIES TO MITIGATE ITS IMPACT’** **UNIVERSITY OF KENT, UK, SCHOOL OF SPORT AND EXERCISE SCIENCES**  **SUPERVISOR: DR. LEX MAUGER****2012- 2013 LANGUAGE QUALIFICATION****2013 KITE KENT INTERNATIONAL TEST OF ENGLISH = 6.5****2012 IELTS INTERNATIONAL ENGLISH LANGUAGE TEST SYSTEM = 5.5****2007-2009 MSC ‘THE EFFECT OF AEROBIC TRAINING ON ANAEROBIC CAPACITY AND PHYSIOLOGICAL DEMANDS FOR BASKETBALL PLAYERS’** **SALAHADDIN UNIVERSITY, IRAQI KURDISTAN, PHYSICAL EDUCATION, EXERCISE PHYSIOLOGY MODULES TAKEN INCLUDED: RESEARCH PROJECT (THESIS), SPORT MEDICINE, METHODS OF TEACHING, SCIENTIFIC RESEARCH, MOTOR LEARNING, SCOUTING, WEIGHT LIFTING, EXERCISE SCIENCE, SCIENTIFIC RESEARCH, ADMINISTRATION & ORGANISATION IN PE, PHILOSOPHY & HISTORY, COMPUTER, BIOMECHANICS, EXERCISE PHYSIOLOGY, STATISTICS, SPORT PSYCHOLOGY, TESTS & MEASUREMENTS AND ENGLISH LANGUAGE.****2002-2006 BSC ‘IMMUNE SYSTEM ALTERATION IN RESPONSE TO DIFFERENT ATHLETES IN VARIETY OF GAMES’** **SALAHADDIN UNIVERSITY, IRAQI KURDISTAN, PHYSICAL EDUCATION, EXERCISE PHYSIOLOGY****MODULES TAKEN INCLUDED: RESEARCH PROJECT SPORT PSYCHOLOGY, EDUCATION, ADMINISTRATION & ORGANISATION, SOCIETY, RACKET GAMES, APPLICATION, STATISTICS, FENCING, SPORT MEDICINE, METHODS OF TEACHING, SCIENTIFIC RESEARCH, MOTOR LEARNING, SCOUTING, WEIGHT LIFTING, PHYSIOLOGY, TEST & MEASUREMENT, PRINCIPLE OF PE TRAINING, BIOMECHANICS, VOLLEYBALL, HANDBALL, GYMNASTIC, BOXING, WRESTLING, PHILOSOPHY, ANATOMY, FITNESS OF BODY, TRACK & FIELD GAME, SOCCER, SWIMMING, BASKETBALL, KURDISH LANGUAGE, ENGLISH LANGUAGE, COMPUTER.****RESEARCH****MY PRINCIPAL RESEARCH INTERESTS ARE IN THE ROLE OF EXERCISE-INDUCED PAIN AS A CAUSE OF FATIGUE AND HOW THIS MAY AFFECT DECISIONS TO CHANGE WORK-RATE DURING EXERCISE PERFORMANCE. MY PHD IS FOCUSING ON THE EFFECT OF EXERCISE-INDUCED PAIN ON ENDURANCE PERFORMANCE, AND STRATEGIES TO MITIGATE ITS IMPACT. THIS HAS INVOLVED THE USE OF A VARIETY OF EQUIPMENT, AND CONSEQUENTLY I AM PROFICIENT IN THE USE OF; VECTRA GENISYS MULTI-WAVEFORM STIMULATOR (CHATTANOOGA GROUP, HIXON, TN, USA) FOR PHYSIOTHERAPIES, HIGH PERFORMANCE TREADMILLS, CYCLE ERGOMETERS (LODE, CORIVAL, MONARK AND VELOTRON), ELECTROMYOGRAPHY (EMG), ONLINE GAS ANALYSIS SYSTEMS (CORTEX) AND BLOOD LACTATE/GLUCOSE ANALYSES. I AM ALSO PROFICIENT WITH VARIOUS IT PACKAGES, INCLUDING MICROSOFT OFFICE AND SPSS. I HAVE REGULARLY PRESENTED MY RESEARCH AT THE SCHOOL RESEARCH SEMINAR SERIES.** **PUBLICATIONS****- ASTOKORKI, A.H.Y., MAUGER A.R. (2016). TOLERANCE OF EXERCISE‐INDUCED PAIN AT A FIXED RATING OF PERCEIVED EXERTION PREDICTS TIME TRIAL CYCLING PERFORMANCE. SCANDINAVIAN JOURNAL OF MEDICINE & SCIENCE IN SPORTS, IN PRESS, DOI: 10.1111/SMS.12659.****- ASTOKORKI, A.H.Y., MAUGER A.R. (2017). TRANSCUTANEOUS ELECTRICAL NERVE STIMULATION REDUCES EXERCISE-INDUCED PERCEIVED MUSCLE PAIN AND IMPROVES ENDURANCE EXERCISE PERFORMANCE. EUROPEAN JOURNAL OF APPLIED PHYSIOLOGY. DOI: 10.1007/S00421-016-3532-6****- علي حسين يوسف، تأثير تناول الحامض الدهني اوميگا-٣ على البروتينات الدهنية لدى عدائي ٨٠٠ م، جامعة دهوك، ٢٠١٠.****- علي حسين يوسف وديار مغديد وبژار جوكل، تأثير تناول الحامض الدهني اوميگا-٣ على سكر الكلوكوز ومعدل ضربا القلب لدى عدائي ٨٠٠ م، جامعة صلاح الدين، ٢٠١٠.** **MANUSCRIPTS UNDER REVIEW** **- ASTOKORKI, A.H.Y., MAUGER A.R. (2016). TASK DECEPTION USING A MIRROR BOX CAN INFLUENCE THE TIME-TO-EXHAUSTION OF AN ISOMETRIC VOLUNTARY CONTRACTION.****- ASTOKORKI, A.H.Y., MAUGER A.R. (2016). THE EFFECT OF COMPASSIONAL HYPERALGESIA ON EXERCISE-INDUCED PAIN DURING ENDURANCE CYCLING PERFORMANCE. MANUSCRIPTS IN PREPARATION.****ABSTRACTS AND CONFERENCES****ASTOKORKI, A.H.Y., MAUGER A.R. (2015). AN INVESTIGATION INTO THE ANALGESIC EFFECTS OF TRANSCUTANEOUS ELECTRICAL NERVE STIMULATION AND INTERFERENTIAL CURRENT ON EXERCISE-INDUCED PAIN AND PERFORMANCE. ENDURANCE RESEARCH CONFERENCE, KENT 2015****ASTOKORKI, A.H.Y., MAUGER A.R. (2016). THE EFFECT OF COMPASSIONAL HYPERALGESIA ON EXERCISE-INDUCED PAIN DURING ENDURANCE CYCLING PERFORMANCE. EUROPEAN COLLEGE OF SPORTS SCIENCE CONFERENCE, VIENNA, AUSTRIA.****ASTOKORKI, A.H.Y., MAUGER A.R. (2017). ‎TRANSCUTANEOUS ELECTRICAL NERVE STIMULATION INHIBITS CENTRAL PAIN TRANSMISSION AND LIMITS THE DEVELOPMENT OF PERIPHERAL MUSCLE PAIN DURING CYCLING TIME TRIAL PERFORMANCE. THE BRITISH ASSOCIATION OF SPORT AND EXERCISE SCIENCES STUDENT CONFERENCE, PLYMOUTH, UK.****WORK EXPERIENCE****2014-16 GRADUATE TEACHING ASSISTANT – UNIVERSITY OF KENT****2015-2016 COACH 1ST TEAM MEDWAY BASKETBALL (UNIVERSITY OF KENT & GREENWICH)** **- DEVELOPED GAME PLANS AND ADJUSTED THEM ACCORDING TO VARIOUS GAME SITUATIONS.****- BUILT STRONG RAPPORT WITH ATHLETES AND ASSISTANTS BEFORE, DURING AND AFTER COACHING SEASONS.****- TAUGHT A RANGE OF SPORT-SPECIFIC SKILLS IN A CLEAR, SAFE MANNER.****- ACTED AS A POSITIVE ROLE MODEL FOR TEAM PARTICIPANTS AND IN THE COMMUNITY.****- RECRUITED STUDENT-ATHLETES OF THE HIGHEST CALIBRE TO ELEVATE TEAM PERFORMANCE.****- MAINTAINED THOROUGH KNOWLEDGE OF ALL RULES, GAME PROCEDURES, COACHING TECHNIQUES AND CURRENT TRENDS IN BASKETBALL.****- DEVELOPED GUIDELINES FOR INJURY PREVENTION.****- DEMONSTRATED A HIGH LEVEL OF RESPECT FOR OPPONENTS, OFFICIALS AND FACILITIES.****- WORKED CLOSELY WITH THE ATHLETICS DIRECTOR IN SCHEDULING INTERSCHOLASTIC CONTESTS.****- DRILLED STUDENT-ATHLETES IN RUN, JUMP, TURN, AND SWITCHING MAN-TO-MAN DEFENCES.****- ACCEPTED COACHING, CONSTRUCTIVE CRITICISM AND RECOGNITION WITH HUMILITY AND COMPOSURE.****- EXHIBITED SOUND JUDGMENT WHILE EXECUTING COACHING RESPONSIBILITIES AND FUNCTIONS.****- SUPERVISED PRACTICES AND CONTESTS, PRIORITISING SAFETY AT ALL TIMES.****- WORKED WITH BASKETBALL COACHING STAFF REGARDING GAME SCOUTING REPORTS AND GAME STRATEGIES FOR OPPONENTS.****- MAINTAINED HIGH ACADEMIC STANDARDS FOR ALL STUDENT ATHLETES AND ENFORCED ACADEMIC DISCIPLINE.****OTHER INTERESTS****- COACH 1ST TEAM MEDWAY BASKETBALL (UNIVERSITY OF KENT & GREENWICH)****- OFFICIAL ENGLAND BASKETBALL REFEREE (LEVEL 3)****- I AM A KEEN SPORTSMAN AND VERY INTO HEALTH AND FITNESS AS WELL AS PHYSIOTHERAPY. I PLAYED BASKETBALL (1ST TEAM MEDWAY BASKETBALL FOR TWO YEARS AND PLAY A NUMBER OF OTHER SPORTS RECREATIONALLY.****- I LOVE TO TRAVEL AND TAKE THE OPPORTUNITY TO VISIT AS MANY COUNTRIES AND CULTURES AS POSSIBLE. I CAN SPEAK ARABIC AND ENGLISH TO ADVANTAGE LEVEL.****- I AM A KEEN AMATEUR COOK.** **BIOMECHANICAL AND KINESIOLOGY OF MOVEMENT FOR PT: KINEMATICS, KINETICS, MUSCLE FORCE, OSTEOKINEMATICS, ARTHROKINEMATICS, GAIT, PATH-MECHANICS** **THIS COURSE PROVIDING THE VITAL APPROACH AND UNDERSTANDING OF MOVEMENT FOR PHYSIOTHERAPY AS A SCIENCE AND TECHNIQUE. THIS INCLUDES AN INTRODUCTION AND DEFINITION TO BIOMECHANICAL AND MECHANICS OF MOVEMENT FOR PHYSIOTHERAPY. ALSO, THIS COURSE CONTAINS KINEMATICS, KINETICS, MUSCLE FORCE; WORK, ENERGY AND POWER. OSTEOKINEMATICS CONCERNS WITH THE DESCRIPTION OF BONE MOVEMENT WHEN A BONE SWINGS THROUGH A RANGE OF MOTION AROUND THE AXIS IN A JOINT, SUCH AS WITH FLEXION, EXTENSION. ARTHROKINEMATICS REFERS TO THE MOVEMENT OF JOINT SURFACES, AND GAIT. THE LABORATORY GENERALLY DELIVERS STUDENTS PARALLELS AND SUPPORTS LECTURE CONCEPTS THROUGHOUT THE USE OF MODELS, ASSESSMENT TOOLS AND DEMONSTRATIONS. LECTURES MEET ONE TIME AND TWO TIME WEEKLY. STUDENTS ALSO ATTEND THREE HOURS LABORATORIES PER WEEK.****AFTER SUCCESSFULLY COMPETING THIS MODEL, STUDENTS SHOULD BE ABLE TO: -****-UNDERSTANDING THE SCOPE AND PRACTISE OF MOVEMENT SCIENCE****-ACCEPT THE VITAL OF AN ETHICAL APPROACH TO MOVEMENT SCIENCE****-RECOGNISE THE APPLICATION OF MECHANICAL PRINCIPLES TO HUMAN MOVEMENT AND ANATOMICAL STRUCTURES.****-IDENTIFY QUANTIFICATION OF MOTION WITHOUT CONSIDERATION OF THE FORCES INVOLVED****-CALCULATE VELOCITY FROM TIME AND DISPLACEMENT****-DISTINGUISH WORK, ENERGY AND POWER OF MUSCULAR** **-APPRECIATE THE VITAL OF DEVELOPMENT CONCEPTS AS PROVIDING FOUNDATION OF THE UNDERSTANDING OF THE COMPLEXITY OF HUMAN MOVEMENT****-USE APPROPRIATE TERMINOLOGY TO DESCRIBE ASPECTS OF MOVEMENT SCIENCE** |
| **9. Keywords** | **Basketball rules of the game, Referee, , score sheet, time keeper and Shot clock operator.** |
| **10. Course overview:** Basketball game is the second most popular game in the world. The importance of studying all the rules of the game because it's difficult for students to learn it by them self and its need lot of practice as a referee, scorer, time keeper, or assistant scorer. The mechanics and the rules need to know how referees move in the court and each referee know their responsibility, and dealing with cases of foul and violations, as well as the signals used by the referee in case of fouls and violation. Dealing with the responsibility of with the different tactical plans in the movement of offensive plans and defensive plans, also how to deal with fixed plans as well as how the team broke down by formation plans. |
| **11. Course objective:** Lesson goals, Rule materials for the game of basketball. So that teaches these plans and legal materials in practical and theory lectures. The preparation of students in order to be relevant in the future viability of training in school or sports teams, as well as in arbitration and management of the game of basketball school or sports clubs. The importance of this game to be the second most popular game in the world after the football game, which is a large popular in the Kurdistan region, but this should be the preparation of these students, and this from our duties towards students. |
| **12. Student's obligation**Daily attendanceReviewing the source of international rule to basketball as a source supported.Follow-up competitions and tournaments to see the latest developments in the game developments via the (Internet).Discussing Between the Students and the Teacher. |
| **13. Forms of teaching** Basketball court. Tools for the game of basketball in practical lectures (balls, whistle)Data show, Whiteboard to view and analyse the basic skills and legal materials through illustrative images and movies during the theoretical lectures. |
| **14. Assessment scheme**First term: (Practical 15marks) (Theoretic 5 marks )Second term : (Practical 15marks) (Theoretic 5 marks )Final Exam : (Practical 40 marks) (Theoretic 20 marks )‌ |
| **15. Student learning outcome:** Students learn how to arbitrate basketball game properly, how to move inside the field, how to control various playing positions in difficult situations and how to cooperate with the tow other Referee. As well as the student were able to see all articles of basketball rule.  |
| **16. Course Reading List and References‌:**▪ International Basketball Rules (FIBA) |
| **17. The Topics:** | **Lecturer's name** |
|

|  |  |
| --- | --- |
| W 1 | **THE GAME definition**  |
| W 2 | **PLAYING COURT AND EQUIPMENT** |
| W 3 | **TEAMS** |
| W 4 | Playing time, tied score and overtime |
| W 5 | Status of the ball, Location of a player and an official |
| W 6 | **VIOLATIONS** |
| W 7 | Player out-of-bounds and ball out-of-bounds |
| W 8 | Dribbling  |
| W 9 | Travelling |
| W 10 | 3 seconds, 8 seconds |
| W 11 | 24 seconds |
| W 12 | Ball returned to the backcourt |
| W 13 | **FOULS** |
| W 14 | Personal foul, Double foul |
| W 15 | Technical foul  |
| W 16 | Unsportsmanlike foul |
| W 17 | Disqualifying foul |
| W 18 | **GENERAL PROVISIONS** |
| W 19 | Team fouls: Penalty, 5 fouls by a player |
| W 20 | **OFFICIALS, TABLE OFFICIALS, COMMISSIONER: DUTIES AND POWERS** |
| W 21 | Officials, table officials and commissioner |
| W 22 | Crew chief and Officials, Duties and powers, |
| W 23 | Timer, Shot clock operator: Duties |
| W 24 | **OFFICIALS’ SIGNALS** |
| W 25 | Officials Mechanism  |
| W 26 | Officials Mechanism  |
| W 27 | **THE SCORESHEET** |

 | Dr Ali Astokorki  |
| **18. Practical Topics (If there is any)** |  |
|  |  |
| **19. Examinations:*****Multiple choices:***1. The Foul is a broking the rule by ………….
2. Contact b- time c- ball d- lines.
 |
| **20. Extra notes:**None. |
| **21. Peer review:***I have reviewed this course book fully and I have approved it as the head of the department of* physical education |