

Contact Information

gibsonj@linnbenton.edu
541-917-4239
Office: Activity Center RM 116H
Office Hours: By Appointment Only

Course Description

Provides a detailed presentation of individual skills and on-court strategy for team play.

Course Objectives

- Learn and play by the rules of the game of basketball.
- Demonstrate cooperation, fair play, and sportsmanship.
- Conceptualize the value of teamwork.
- Acquire the physical skills to successfully play the game.

Class Format

- Attitude
 - Understand that there are different skill abilities on the floor. A safety conscious attitude will be expected at all times.
- Attendance
 - Be sure to initial in upon arrival.
- Activities
 - Drills
 - Competitions

Clothing

- Wear appropriate workout attire and footwear for participation. Bring a white and dark t-shirt or reversible jersey with Dark & Light colors.

Attendance / Participation

- Attendance is fully your responsibility.
- Make sure you initial in upon your arrival.
- A maximum of three make-ups is allowed.
- No more than one make-up per day and no more than two make-ups per week will be accepted.
- Make-ups accepted through LBCC only.

Grading

- Attendance / Participation
- If you are taking this class for an Audit or P/NP grade, make sure you declare your intent with registration. Anyone not doing so will be graded on the A-F option.
- Please review “Y” grade information in school catalogue. If you attend class any time during the last three weeks of class a grade will be issued.

Grading Scale

Grading Scale	A	B	C	D	F
# of Absences	0-2	3-4	5-6	7-8	9 or more

Towels & Lockers

- Each person can check-out a towel, locker, and lock the first day of class.
- Do not leave valuables in your locker.
- Make sure your locker is locked at all times.
- Instructor is not responsible for items brought to class.

LBCC Notes

Risk and Release

A signed risk and release form is required for participation in this class.

ADA

Students who may need accommodations due to documented disabilities, or have medical information which the instructor should know, or who need special arrangements in an emergency, should speak with

the instructor during the first week of class. If you have not accessed services and think you may need them, please contact Disability Services, (541) 917-4789.

Comprehensive Statement of Nondiscrimination

LBCC prohibits unlawful discrimination based on race, color, religion, ethnicity, use of native language, national origin, sex, sexual orientation, marital status, disability, veteran status, age, or any other status protected under applicable federal, state, or local laws.

LINN-BENTON COMMUNITY COLLEGE INFORMED ACKNOWLEDGMENT OF HAZARDS AND RISKS LIABILITY WAIVER & INDEMNIFICATION FORM **WARNING OF RISKS**

PLEASE READ CAREFULLY BEFORE SIGNING

Participation in any **Physical Fitness, Exercise, Weight Training, or First Aid** class may involve injury of some type to either yourself or a fellow student. Such injury can include direct physical and possible crippling injury to one's body and the possibility of emotional injury experienced as a result of witnessing or actually accidentally inflicting injury to another. The severity of such injury can range from a minor injury to complete paralysis, or even death. Such injury can impair one's general physical and mental health and hinder one's future ability to earn a living and generally to enjoy life.

Injuries in a **Physical Fitness, Exercise, Weight Training, or First Aid** class can occur and you are encouraged to have a complete physical examination prior to attending class if you have any health problems or considerations due to injury, illness or age or a history of heart disease or high blood pressure, respiratory problems, skeletal or muscular injuries or ailments or are 30 lbs or more over your recommended weight based on a standard weight chart. Risks that may be encountered may include cardiac or respiratory distress; bone or joint injuries; back or muscle injury; slipping, tripping or falling; lifting, twisting, straining, spraining or breaking an appendage; or other trauma or injury. Injuries may result from the correct or incorrect performance of techniques or equipment used in class, from misfit or worn equipment, from the administration of first aid, from failing to follow training, safety or other rules. This list is non-exhaustive and is provided by way of illustration of risks or injuries that may be incurred.

The purpose of this WARNING is to bring your attention to the existence of potential dangers associated with participation in this class and to aid you in making a voluntary and informed decision as to whether you (or your child or ward) should participate in this class or activity. As a student or a parent/guardian of a student, it is your responsibility to learn about and/or to inquire of teachers, physicians, attorneys or other knowledgeable persons about any concerns that you might have at any time regarding student safety and the safety of this class or club activity. You may seek legal counsel before signing this form.

If you decide to participate, by your signature you hereby agree to indemnify and hold harmless Linn-Benton Community College including its officers, employees and agents against any/all claims, damages, demands, liabilities and costs incurred including attorney's fees, which might be made by the undersigned or any third party as a result of damage, injury or death suffered. This agreement shall be binding upon the heirs, successors and assigns of the undersigned. I understand and acknowledge that signing this agreement severely limits my legal rights, and as such, I have been encouraged above to seek legal counsel before signing.

IF STUDENT IS UNDER 18 YEARS OF AGE, MUST BE SIGNED BY A PARENT/GUARDIAN

PARENT/LEGAL GUARDIAN (if student is under 18 years of age): I have read the above WARNING and I understand that this class may potentially involve the RISK OF INJURY OR DEATH and that by permitting my child/ward to participate in this class they may be subject to the possibility of injury or death. I acknowledge that I do understand the contents of this form and I voluntarily choose to permit my child/ward to participate and by my

signature do hereby release, indemnify and hold the college, its officers, employees and agents harmless from any claims, damages, demands, liabilities and costs incurred including attorney’s fees. **I understand and acknowledge that I have been encouraged to seek legal counsel before signing this document and that by signing this form I am severely limiting my legal rights.** A complete copy of this form will be provided to me upon request.

(Parent/Guardian’s Signature) _____ Date _____

STUDENT: I HEREBY ACKNOWLEDGE THAT I HAVE READ AND DO UNDERSTAND THE ABOVE INFORMATION AND WARNING OF RISKS **and that I voluntarily choose to participate and that I intend to learn and follow all safety procedures. I understand and acknowledge that I have been encouraged to seek legal counsel before signing this document and that by signing this form I am severely limiting my legal rights.**

(Student’s Signature) _____ Date _____

IF STUDENT IS UNDER 18 YEARS OF AGE, MUST BE SIGNED BY A PARENT/GUARDIAN

STUDENT: I HEREBY ACKNOWLEDGE THAT I HAVE READ AND DO UNDERSTAND THE ABOVE INFORMATION AND WARNING OF RISKS **and that I voluntarily choose to participate and that I intend to learn and follow all safety procedures. I understand and acknowledge that I have been encouraged to seek legal counsel before signing this document and that by signing this form I am severely limiting my legal rights.**

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