**Course outline weekly schedule**

**Course: HPED 110 Basketball**

**Instructor: Mr. Shahzad Nazir**

Week 1

i. Importance of physical fitness to long-term health.

ii. Physical fitness pre-test & discussion of ways to maintain fitness.

Week 2

i. Theory: Introduction of Basketball Rules and Regulation.

ii. Practical: Introduction to equipment

Week 3

i. Theory: Officials and their duties

ii. Practical: Fundamental of skills

Week 4

i. Practical: Ball handling and holding

ii. Practical: Dribbling

Week 5

i. Practical: Ball handling and holding

ii. Practical: Dribbling

Week 6

i. Practical: Ball handling and holding

ii. Practical: Dribbling

Week 7

i. Theory: General Rules of the game

ii. Practical: Passing

Week 8

i. Theory: General Rules of the game

ii. Practical: Passing

Week 9

i. Theory: General Rules of the game

ii. Practical: Passing

Week 10

i. Theory: General Rules of the game

ii. Practical: Shooting

Week 11

i. Theory: General Rules of the game

ii. Practical: Shooting

Week 12

i. Theory: General Rules of the game

ii. Practical: Shooting

Week 13

i. Practical: Game Practice

Week 14

i. Practical: Game Practice

Week 15

i. Practical: Game Practice

Week 16

i. Practical: final Exam Skills