

Course Outline

COURSE: PE 11B **DIVISION:** 40 **ALSO LISTED AS:** KIN 11B

TERM EFFECTIVE: Fall 2011 **Inactive Course**

SHORT TITLE: FUND OF BASEBALL

LONG TITLE: Fundamentals of Baseball

<u>Units</u>	<u>Number of Weeks</u>	<u>Type</u>	<u>Contact Hours/Week</u>	<u>Total Contact Hours</u>
2	18	Lecture:	1	18
		Lab:	3	54
		Other:	0	0
		Total:	4	72

COURSE DESCRIPTION:

This course offers review and advanced instruction in the theory, strategies, and techniques of baseball for the purpose of preparing the individual student in all aspects of playing and coaching the sport. May be repeated once for credit. This course has the option of a letter grade or pass/no pass. This course is now listed as Kinesiology 11B, effective Fall 2011. **ADVISORY:** Physical Education 11A.

PREREQUISITES:

COREQUISITES:

CREDIT STATUS: D - Credit - Degree Applicable

GRADING MODES

L - Standard Letter Grade

P - Pass/No Pass

REPEATABILITY: R - Course may be repeated

Maximum of 1 times

SCHEDULE TYPES:

02 - Lecture and/or discussion

03 - Lecture/Laboratory

04 - Laboratory/Studio/Activity

STUDENT LEARNING OUTCOMES:

1. The student will demonstrate two different types of catches, slides, bunts, and hitting methods.

ILO: 7, 2, 4

Measure: performance, skill test

2. The student will explain the importance of sound pitching, catching, and middle infield play to the success of a competitive baseball team.

ILO: 7, 2, 1

Measure: oral report, written exam

3. The student will recognize various offensive and defensive situations common to baseball and apply the appropriate strategies and techniques.

ILO: 7, 2, 1, 4

Measure: demonstration, exam

4. The student will utilize a variety of hand and verbal signals while base coaching to facilitate the proper offensive strategies appropriate to the situation.

ILO: 7, 1, 4, 2

Measure: demonstration, role playing, witten report, oral report

CONTENT, STUDENT PERFORMANCE OBJECTIVES, OUT-OF-CLASS ASSIGNMENTS

Inactive Course: 11/08/2010

This course is now listed as Kinesiology 11B, effective Fall 2011.

Curriculum Approval Date: 04/28/2008

12 Hours

Introduction and review of course syllabus and grading procedures. Review of equipment needs and introduction of additional stretching and conditioning methods specific to baseball. Additional detailed instruction in the mechanics of throwing and catching will be provided. This will include such skills as fielding ground balls hit at different speeds and catching fly balls at various levels. Students who repeat the class will enhance their skills through constant repetition. They will also discuss these specific techniques with first year students.

HW: Students will develop a flexibility and conditioning program, including a list of the specific muscles that are benefited, and demonstrate it to the class. They will design a series of outfield and/or infield drills for baseball players, which will include diagrams of the organization and implementation of each drill.

SPO: Students will perform stretching and conditioning drills as a part of class warm-up. They will discuss and demonstrate the techniques used for fielding ground balls hit at different speeds and for catching fly balls at various levels.

8 Hours

Review of hitting fundamentals and introduction and practice of various types of situational hitting techniques, such as hitting behind the runner and slap hitting. Lecture, discussion, and video analysis of various hitting methods will be utilized. Review of basic bunting fundamentals and integration of drag bunting, fake bunting, and slash hitting methods. Students who repeat the course will complete a video analysis of a first year player. They will assist with instructing beginning players in the basic skills of hitting and bunting.

HW: Outside of class, students will review a tape on the proper hitting technique and list some common errors. Students will work on their bunting technique using whiffle balls or tennis balls. They will analyze the differences between various bunting techniques.

SPO: Students will demonstrate situational hitting; such as hitting behind the runner, slap hitting, drag bunting, and fake bunting in game-like situations.

8 Hours

Discussion, demonstration, and guided practice will be utilized to introduce advanced base running strategies and advanced sliding techniques such as the hook slide. Philosophies and techniques of base coaching will be discussed. Students who repeat the class will increase their proficiency through repetition in a supervised setting. They will assist first year students with their base coaching techniques.

HW: Outside of class, students will watch at least two baseball games and make a chart which indicates: the types of slides the players used, a description of the situation in which the slide was made, and a critique of the slide. They will write a summary of the hand signals and verbal instructions used by base coaches and the situations in which they were given.

SPO: Students will demonstrate a hook slide. They will discuss the importance of utilizing the base coach while running bases. The signals and techniques used by the base coaches will be described and demonstrated.

8 Hours

Details will be offered in the mechanics of pitching, pitch selection, and throwing various types of pitches, including the change up and curve. Video analysis may be utilized. Review of basic catching mechanics and a presentation of advanced instructional techniques involved in pitch calling, blocking balls, throwing out runners, catching foul balls, and directing the defense. Repetition will increase the proficiency of skills for those students who repeat the class.

HW: As an out of class assignment, students will watch two videos on the fundamentals of pitching and produce an outline of the drills and techniques presented. Through visualization and shadowing practice they will work on the proper set up, glove position on various pitches, and blocking techniques for the catcher's position.

SPO: Students will describe the mechanics involved in throwing a change up and a curve. They will explain and demonstrate the proper techniques used by the catcher when blocking balls, catching foul balls, and framing various pitches.

12 Hours

Advanced infield and outfield play. Fielding difficult grounders, where and when to throw, catching fly balls, and cut and relay techniques will be presented. Defensive situations, including the philosophies and strategies involved in defending the bunt, double steals, rundowns, and pick-off plays will be discussed and demonstrated. Offensive strategy and philosophy involved in more competitive levels of play will be discussed. Application of various types of steals, bunts, and hitting techniques in various situations will be practiced. Students who repeat the class will have their skills or proficiencies enhanced by supervised repetition and practice in class.

HW: As an out of class assignment, students will develop an organizational chart showing the use of relay and cut off plays with runners on base and in various game situations. They will analyze a game tape as it relates to offensive and defensive situations and strategies.

SPO: Students will demonstrate offensive and defensive strategies, including bunting, stealing, pick-off plays, the hit and run, and rundowns through drills and scrimmage situations.

8 Hours

Review of advanced hitting and bunting situations. Lecture, discussion, and debate on the essential aspects of coaching; including motivation, organization, record keeping, ordering and inventory of equipment, eligibility, recruiting, and fundraising. Students who repeat the class will analyze hitting and bunting situations in game-like conditions. They will be provided a leadership opportunity. They will explain their own philosophy of coaching a baseball team.

HW: Students will interview a baseball coach and ask them various questions pertaining to their philosophies of hitting and bunting techniques and situations. They will complete a written assignment on one aspect of coaching.

SPO: Students will implement their hitting and bunting skills in a variety of game situations. They will discuss their philosophy of coaching.

12 Hours

Interclass play will be utilized to practice baseball skills, base coaching, and the rules of the game. Umpiring scrimmages will also be included. Semester review and skill evaluation. Students who repeat the class will have their skills or proficiencies enhanced by supervised repetition and practice in class.

HW: Students will write a 1-2 page summary on an umpiring experience. They will select one offensive skill and one defensive skill and evaluate and/or analyze the mechanics of these skills.

SPO: During scrimmages and/or game situations, students will apply their playing skills, base coaching techniques, rules of the game, and umpiring abilities.

2 Hours

Final examination. Practical and/or written.

METHODS OF INSTRUCTION:

Lecture, demonstration, guided practice, video analysis and interpretation, group discussion.

METHODS OF EVALUATION:

Category 1 Substantial writing assignments:

Section 1:

Written Homework

Section 2 – If this is a degree applicable course, but substantial writing assignments are not appropriate, check reason:

Course primarily involves skill demonstration or problem solving

Category 2 – Computational or non-computational problem solving demonstrations including:

0%

Category 3 – Skill Demonstrations, including:

Field Work 30% to 50%

Performance Exams

Category 4 – Objective Exams, including:

10% to 20%

Multiple Choice

True/False

Matching Items

Completion

Category 5 – Any other methods of evaluation:

This class requires student participation.

30% to 40%

REPRESENTATIVE TEXTBOOKS:

ARTICULATION and CERTIFICATE INFORMATION

Associate Degree:

CSU GE:

IGETC:

CSU TRANSFER:

Transferable CSU, effective 200370
UC TRANSFER:
Transferable UC, effective 200370

SUPPLEMENTAL DATA:

Basic Skills: N
Classification: A
Noncredit Category: Y
Cooperative Education:
Program Status: 1 Program Applicable
Special Class Status: N
CAN:
CAN Sequence:
CSU Crosswalk Course Department: PE
CSU Crosswalk Course Number: 11B
Prior to College Level: Y
Non Credit Enhanced Funding: N
Funding Agency Code: Y
In-Service: N
Occupational Course: E
Maximum Hours:
Minimum Hours:
Course Control Number: CCC000323240
Sports/Physical Education Course: Y
Taxonomy of Program: 083500