

Course Outline

COURSE: PE 65 **DIVISION:** 40 **ALSO LISTED AS:** KIN 65

TERM EFFECTIVE: Fall 2011 **Inactive Course**

SHORT TITLE: BASEBALL

LONG TITLE: Baseball

<u>Units</u>	<u>Number of Weeks</u>	<u>Type</u>	<u>Contact Hours/Week</u>	<u>Total Contact Hours</u>
.5 OR 1	18	Lecture:	0	0
		Lab:	1.5 OR 3	27 OR 54
		Other:	0	0
		Total:	1.5 OR 3	27 OR 54

COURSE DESCRIPTION:

This course is designed for students of all skill levels who desire to learn the fundamentals, mechanics, strategy and rules of the game of baseball. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass. This course is now listed as Kinesiology 65, effective Fall 2011.

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 3 times

SCHEDULE TYPES:

- 04 - Laboratory/Studio/Activity

STUDENT LEARNING OUTCOMES:

1. The students will perform the following skills: throwing, catching, hitting, fielding, bunting, base running, and sliding.

ILO: 7, 2

Measure: demonstration

2. The students will describe the mechanics for pitching and the skills required for the catchers position.

ILO: 7, 1, 2, 4

Measure: oral exam

3. The students will describe and execute the strategies for baseball, specifically bunt coverages, pick offs, hit and runs, and steals.

ILO: 7, 2, 1, 4

Measure: role playing, demonstration, exam

4. The students will apply the rules of baseball.

ILO: 2, 7, 1, 4

Measure: written exam, role playing

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

Inactive Course: 11/08/2010

This course is now listed as Kinesiology 65, effective Fall 2011.

Curriculum Approval Date: 04/14/2008

3 - 6 Hours

Discuss course syllabus, grading and class procedures. Introduce conditioning, stretching and the correct running form that will be used in class. The correct throwing and catching mechanics will be presented. Introduction to the fundamentals of hitting a baseball. Students who repeat the class will have their skills or proficiencies enhanced by supervised repetition. They will discuss with their peers the importance of not allowing your weight to shift forward while hitting.

SPO: The correct mechanics of throwing, catching and hitting a baseball will be demonstrated. Students will participate in conditioning and stretching exercises.

6 - 12 Hours

Discuss, demonstrate and practice the correct fundamentals of fielding for both an infielder and an outfielder. Introduce and discuss the correct way to align the defense for cuts and relays. Bunt coverages, pick offs and rundowns will be presented. Discuss and implement the philosophy behind the short game and the hit and run. Students who repeat the class will be able to differentiate the footwork between infielders and outfielders. They will demonstrate the difference between the regular cut-off and the double cut-off and explain when they would be utilized. Repeat students will learn the rotation bunt coverage with runners at first and second base. They will explain and demonstrate the proper time to use the drag bunt.

SPO: Students will describe and demonstrate the correct fundamentals for infield and outfield play. They will explain how to utilize a relay person and the importance of using a cut-off person. Bunt coverage, pick offs and rundowns will be demonstrated. They will discuss the reasons why a team would initiate the bunt and/or hit and run play.

3 - 6 Hours

Discussion and demonstration on the correct way to run the bases, including how to use the first and third base coaches. Presentation on sliding. Introduce the offensive signs. Students who repeat the course will work on the double steal and the delay steal. They will also work on when to use the third base coach on a ball hit to the outfield and when to not use the third base coach.

SPO: The student will demonstrate the correct way to run out an infield hit, a ball hit in the air and a ball hit into the gap. At least two different types of slides will be performed. They will be able to read the offensive signs for a bunt, steal, and hit and run.

3 - 6 Hours

The mechanics of pitching and the fundamentals of catching will be discussed and practiced through a variety of drills. Repeat students will have their skills or proficiencies improved by supervised repetition and practice in class.

SPO: The students will describe the proper mechanics of pitching. They will discuss the fundamentals of catching; including blocking, framing, footwork and throwing.

6 - 12 Hours

Discussion and practice on the skills and responsibilities for infielders, outfielders, pitchers and catchers as it relates to teamwork. This will include fielding each position, backing up plays, and the use of proper techniques. Game-like practice situations will be provided. The rules of baseball will be discussed. Students who repeat the class will be provided leadership opportunities. Their skills will improve through supervised repetition and practice in class. They will have the opportunity to learn advanced skills such as a crow hop, circling the ball, and calling their own pitches.

SPO: Students will demonstrate correct fielding mechanics. They will diagram the route an outfielder takes when another outfielder is involved on the same play. They will explain when a catcher backs up first base and discuss the importance of a pitcher being able to field their position. Students will apply the rules during play.

4.5 - 9 Hours

Team competition and review for final. Students who repeat the class will be able to analyze various game play situations.

SPO: The students will demonstrate their skills during game play. They will execute the appropriate strategies and apply the correct technique based on the situation.

2 Hours

Final.

METHODS OF INSTRUCTION:

Demonstration, discussion, peer teaching.

METHODS OF EVALUATION:

The types of writing assignments required:

None

The problem-solving assignments required:

None

The types of skill demonstrations required:

Performance exams

The types of objective examinations used in the course:

Multiple choice

True/False

Matching items

Completion

Other category:

Other: Requires student participation

The basis for assigning students grades in the course:

Writing assignments: 0% - 0%
Problem-solving demonstrations: 0% - 0%
Skill demonstrations: 40% - 70%
Objective examinations: 10% - 30%
Other methods of evaluation: 30% - 60%

REPRESENTATIVE TEXTBOOKS:

ARTICULATION and CERTIFICATE INFORMATION

Associate Degree:
GAV E1, effective 200070
CSU GE:
CSU E1, effective 200070
IGETC:
CSU TRANSFER:
Transferable CSU, effective 200070
UC TRANSFER:
Transferable UC, effective 200070

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: 65
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: CCC000225816
Sports/Physical Education Course: Y
Taxonomy of Program: 083500