GAVILAN COLLEGE
5055 Santa Teresa Blvd
Gilroy, CA 95023

Course Outline

COURSE: ATH 11A DIVISION: 40 ALSO LISTED AS: KIN 11A & PE 11A

TERM EFFECTIVE: Summer 2024 CURRICULUM APPROVAL DATE: 04/09/2024

SHORT TITLE: FUNDAMENTALS OF BASEBALL

LONG TITLE: Fundamentals of Baseball

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

Out of Class Hrs:	36.00
Total Learning Hrs:	108.00

COURSE DESCRIPTION:

Theory, strategy, technique, practice and conditioning of baseball to prepare 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.

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
047 - Laboratory - LEH 0.7
05 - Hybrid
71 - Dist. Ed Internet Simultaneous
73 - Dist. Ed Internet Delayed LAB
737 - Dist. Ed Internet LAB-LEH 0.7

STUDENT LEARNING OUTCOMES:

By the end of this course, a student should:

1. Demonstrate the basic techniques for throwing, catching, fielding, hitting, and bunting and discuss and demonstrate the proper mechanics for pitching, catching, base running, and sliding.
2. Recognize situations calling for the use of special offenses and defenses and react accordingly.

COURSE OBJECTIVES:

By the end of this course, a student should:

1. Demonstrate and explain the fundamentals involved in throwing and catching a baseball.
2. Demonstrate the correct methods of stretching and conditioning for baseball.
3. Discuss the basic responsibilities of the catcher and demonstrate the basic techniques used by a catcher, including set-up, giving a target, blocking balls, and

throwing to bases.

4. Demonstrate their playing skills, base coaching skills, and application of offensive and defensive strategies during inter-class play.
5. Recognize typical bunt situations and apply the appropriate skills.
6. Diagram cut and relay patterns for each infield and outfield position.
7. Explain and demonstrate the basic mechanics involved in pitching.
8. Explain and demonstrate the primary responsibilities, duties, and verbal and hand signals involved in base coaching.
9. Discuss, explain, and perform base running and sliding skills.
10. Recognize and demonstrate the techniques involved in hitting and in executing a sacrifice bunt and a drag bunt.
11. Analyze and interpret case studies in the standard rule book. Participate as an umpire in at least one inter-class game.
12. Identify the proper equipment needs for baseball.

COURSE CONTENT:

Curriculum Approval Date: 04/09/2024

LECTURE CONTENT:

2 Hours

Content: Introduction and discussion of course syllabus and grading procedures. Equipment needs, conditioning, and stretching for baseball will be discussed. The essential fundamentals of throwing and catching; including stance, body and hand position, and the mechanics involved in each skill will be discussed and demonstrated.

2 Hours

Content: Basic hitting and bunting bio-mechanics will be presented through lecture, discussion, and video. This will include the stance and proper arm, hand, and head position. The fundamental mechanics involved in the sacrifice bunt and bunting for a base hit will be presented.

2 Hours

Content: Essential base running and sliding techniques will be described and demonstrated. The proper mechanics and team philosophy of base running will be presented. Philosophies and techniques for base coaching will be discussed. Discussion on the difference between a primary and a secondary base running lead. Students who repeat the course will explain to a first year student the strategies involved in base coaching and will become more skilled as a base coach through practical experience.

2 Hours

Content: Introduction to the basic mechanics and techniques involved in pitching. Sequential drills and video will be utilized to help students understand and view their form. Basic catching techniques and the responsibilities of the catcher will be presented. Set-up, giving a target, blocking balls, and throwing techniques to bases will be discussed. Students will critique a first year student's techniques and provide feedback.

3 Hours

Content: Basic infield and outfield play, including fielding routine ground balls and fly balls. Where and when to throw and how to use the cut and relay will be covered. Practical application in game situations will be discussed. Defensive situations, philosophies, and strategies involved in defending the bunt, double steal, rundowns, and pick-off plays will be practiced. Basic offensive strategy and philosophy involving the bunt, steal, and hit and run plays will be presented through, on-field instruction, and drills. Students who repeat the class will mentor a first year student who is playing their same position.

2 Hours

Content: Lecture, discussion, and video on the basic rules of the game. Introduction to umpiring situations will also be included.

3 Hours

Content: Semester review and discussion of skills evaluations. Students who repeat the class will be provided with leadership opportunities.

2 Hours

Final examination. Practical and/or written.

COURSE CONTENT(CONTINUED):

LAB CONTENT:

4 Hours

Conditioning and stretching for baseball will be demonstrated. The essential fundamentals of throwing and catching; including stance, body and hand position, and the mechanics involved in each skill will be demonstrated and performed. Students who repeat this class will become more proficient in basic skills through repetition of the drills in this course.

9 Hours

Basic hitting and bunting bio-mechanics will be demonstrated and practiced through guided practice. This will include the stance and proper arm, hand, and head position. The fundamental mechanics involved in the sacrifice bunt and bunting for a base hit will be demonstrated. Students who repeat this course will become more proficient in executing the basic mechanics of hitting and bunting.

8 Hours

Essential base running and sliding techniques will be practiced. The proper mechanics and team philosophy of base running will be practiced. Students who repeat this class will be able to identify the difference between a primary and a secondary base running lead.

8 Hours

Basic mechanics and techniques involved in pitching will be demonstrated and performed. Sequential drills will be utilized to help students with their form. Basic catching techniques and the responsibilities of the catcher will be performed. Set-up, giving a target, blocking balls, and throwing techniques to bases will be included. Practical situational drills will be provided and practiced. Students who repeat the course will become more proficient in their pitching and catching fundamentals through repetition of drills in a supervised setting.

9 Hours

Basic infield and outfield play, including fielding routine ground balls and fly balls. Where and when to throw and how to use the cut and relay will be practiced. Practical application in game situations will be practiced. Defensive situations, philosophies, and strategies involved in defending the bunt, double steal, rundowns, and pick-off plays will be practiced. Basic offensive strategy and philosophy involving the bunt, steal, and hit and run plays will be presented through on-field instruction, and drills.

7 Hours

Basic catching techniques and the responsibilities of the catcher will be preformed through guided practice. Set-up, giving a target, blocking balls, and throwing techniques to bases will be practiced.

9 Hours

Students who repeat this class will be provided with the opportunity to umpire scrimmages and therefore apply the rules. Inter-class play, where the student will utilize their playing skills, base coaching, and the rules of the game. Umpiring situations will also be included. Skill performance evaluations.

METHODS OF INSTRUCTION:

Theory, strategy, technique, practice and conditioning of baseball to prepare 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.

OUT OF CLASS ASSIGNMENTS:

Required Outside Hours 6

Assignment Description

Homework: An out of class assignment will be to watch a baseball game and write a description of the throwing and catching techniques.

Required Outside Hours 4

Assignment Description

Homework: Students will analyze pictures of various players' batting stances and make a list of the fundamental skills observed. They will use shadow practice to work on the proper fundamentals of a sacrifice and a drag bunt.

Required Outside Hours 4

Assignment Description

Homework: Students will explain the techniques used to perform a bent leg and a head first slide. They will create an outline of the primary responsibilities, duties, and verbal and hand commands involved in base coaching.

Required Outside Hours 6

Assignment Description

Homework: Students will watch two videos on the fundamentals of pitching and catching and critique them for the class. They will practice the proper footwork used for making throws to first, second, and third base from the catcher's position.

Required Outside Hours 6

Assignment Description

Homework: As an out of class assignment, students will watch at least one American or National League playoff game and write down how many bunts, double steals, rundowns, and pick-off plays they observed and describe the situation. They will describe, in writing, the strategies involved in the bunt, steal, and hit and run play.

Required Outside Hours 4

Assignment Description

Homework: Students will read two case studies in the NCAA Baseball Rules Book and write their interpretation of the ruling and in what game situations the ruling might come into play.

Required Outside Hours 6

Assignment Description

Homework: Students will describe, in written and oral form, at least two of the many skills introduced in class. They will critique their work as an umpire, including rule interpretations.

METHODS OF EVALUATION:
Skill demonstrations
Evaluation Percent 60
Evaluation Description
Demonstration

Objective examinations
Evaluation Percent 10
Evaluation Description
Multiple Choice,
True/False,
Matching Items,
Completion

Other methods of evaluation
Evaluation Percent 30
Evaluation Description
Requires student participation.

REPRESENTATIVE TEXTBOOKS:
No textbook required. Handouts will be provided as needed.

ARTICULATION and CERTIFICATE INFORMATION

GAV GE:

GAV E
GAV Area 7

CSU GE:

CSU E

CSU TRANSFER:

Transferable CSU

UC TRANSFER:

Transferable UC

SUPPLEMENTAL DATA:

Basic Skills: N
Classification: Y
Noncredit Category: Y
Cooperative Education:
Program Status: 1 Program Applicable
Special Class Status: N
Prior to College Level: Y
Non Credit Enhanced Funding: N
Funding Agency Code: Y
In-Service: N
Occupational Course: E
Course Control Number: CCC000533494
Sports/Physical Education Course: Y
Taxonomy of Program: 083550
CIP: