

Course Outline

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

TERM EFFECTIVE: Spring 2018 **CURRICULUM APPROVAL DATE:** 03/27/2017

SHORT TITLE: FUNDAMENTALS 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. **ADVISORY:** PE 11A or KIN 11A or ATH 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. Demonstrate two different types of catches, slides, bunts, and hitting methods and explain the importance of sound pitching, catching, and middle infield play.

Measure of assessment: demonstration, discussion

Year assessed, or planned year of assessment: 2016

Semester: Fall

2. Recognize various offensive and defensive situations common to baseball and apply the appropriate strategies and techniques.

Measure of assessment: demonstration, exam

Year assessed, or planned year of assessment: 2016

Semester: Fall

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

Curriculum Approval Date: 03/27/2017

12 Hours (3 Hours Lecture/9 Hours Lab)

Content: 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.

Student Performance Objectives: Perform stretching and conditioning drills as a part of class warm-up. Discuss and demonstrate the techniques used for fielding ground balls hit at different speeds and for catching fly balls at various levels.

8 Hours (2 Hours Lecture/6 Hours Lab)

Content: 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.

Student Performance Objectives: Demonstrate situational hitting; such as hitting behind the runner, slap hitting, drag bunting, and fake bunting in game-like situations.

8 Hours (2 Hours Lecture/6 Hours Lab)

Content: 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.

Student Performance Objectives: Demonstrate a hook slide. Discuss the importance of utilizing the base coach while running bases. Describe and demonstrated the signals and techniques used by the base coaches.

8 Hours (2 Hours Lecture/6 Hours Lab)

Content: 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.

Student Performance Objectives: Describe the mechanics involved in throwing a change up and a curve. Explain and demonstrate the proper techniques used by the catcher when blocking balls, catching foul balls, and framing various pitches.

12 Hours (3 Hours Lecture/9 Hours Lab)

Content: 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 proficiency enhanced by supervised repetition and practice in class.

Student Performance Objectives: Demonstrate offensive and defensive strategies, including bunting, stealing, pick-off plays, the hit and run, and rundowns through drills and scrimmage situations.

8 Hours (2 Hours Lecture/6 Hours Lab)

Content: 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.

Student Performance Objectives: Implement their hitting and bunting skills in a variety of game situations. Discuss their philosophy of coaching.

12 Hours (3 Hours Lecture/9 Hours Lab)

Content: Inter-class 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 proficiency enhanced by supervised repetition and practice in class.

Student Performance Objectives: Apply their playing skills, base coaching techniques, rules of the game, and umpiring abilities during scrimmages and/or game situations.

2 Hours

METHODS OF INSTRUCTION:

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

METHODS OF EVALUATION:

Methods Of Evaluation

Skill demonstrations

Percent of total grade: 60.00 %

Demonstration

Objective examinations

Percent of total grade: 10.00 %

Multiple Choice, True/False, Matching Items, Completion

Other methods of evaluation

Percent of total grade: 30.00 %

Requires student participation.

OUT OF CLASS ASSIGNMENTS:

Required Outside Hours: 6

Assignment Description: Homework: 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.

Required Outside Hours: 4

Assignment Description: Homework: 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.

Required Outside Hours: 4

Assignment Description: Homework: 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.

Required Outside Hours: 4

Assignment Description: Homework: 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.

Required Outside Hours: 6

Assignment Description: Homework: 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.

Required Outside Hours: 4

Assignment Description: Homework: 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.

Required Outside Hours: 6

Assignment Description: Homework: 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.

REPRESENTATIVE TEXTBOOKS:

No textbook required. Handouts will be provided as needed.

ARTICULATION and CERTIFICATE INFORMATION

Associate Degree:

GAV E1, effective 201570

CSU GE:

CSU E, effective 201570

CSU E1, effective 201370

IGETC:

CSU TRANSFER:

Transferable CSU, effective 201570

UC TRANSFER:

Transferable UC, effective 201570

SUPPLEMENTAL DATA:

Basic Skills: N

Classification: Y

Noncredit Category: Y

Cooperative Education:

Program Status: 1 Program Applicable

Special Class Status: N

CAN:

CAN Sequence:

CSU Crosswalk Course Department: ATH

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: 2

Minimum Hours: 2

Course Control Number: CCC000533489

Sports/Physical Education Course: Y

Taxonomy of Program: 083550