



5055 Santa Teresa Blvd
Gilroy, CA 95023

Course Outline

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

TERM EFFECTIVE: Summer 2024 **CURRICULUM APPROVAL DATE:** 05/14/2024

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

Out of Class Hrs: 000.00

Total Learning Hrs: 27.00 OR 54.00

COURSE DESCRIPTION:

This is a sport specific course designed for our student-athletes. Fundamentals, mechanics, strategy and rules of the game of baseball are included. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass.

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
- 04A - Laboratory - LEH 0.65
- 05 - Hybrid
- 71 - Dist. Ed Internet Simultaneous
- 73 - Dist. Ed Internet Delayed LAB
- 73A - Dist. Ed Internet LAB-LEH 0.65

STUDENT LEARNING OUTCOMES:

By the end of this course, a student should:

1. Demonstrate the following skills: throwing, catching, hitting, fielding, bunting, base running, and sliding and execute them during specific situations, such as bunt coverage, pick offs, hit and run, and steals.
2. Describe the mechanics for pitching and the skills required for the catcher's position.

COURSE OBJECTIVES:

By the end of this course, a student should:

1. Demonstrate their skills during game play. Execute the appropriate strategies and apply the correct technique based on the situation.
2. Explain when a catcher backs up first base and discusses the importance of a pitcher being able to field their position. Apply the rules during play.
3. Demonstrate correct fielding mechanics. Diagram the route an outfielder takes when another outfielder is involved on the same play.
4. Describe the proper mechanics of pitching. Discuss the fundamentals of catching, including blocking, framing, footwork and throwing.
5. Demonstrate the correct way to run out an infield hit, a ball hit in the air and a ball hit into the gap.
6. Perform at least two different types of slides. Read the offensive signs for a bunt, steal, and hit and run.
7. Demonstrate bunt coverage, pick offs and rundowns. Discuss the reasons why a team would initiate the bunt and/or hit and run play.
8. Explain how to utilize a relay person and the importance of using a cut-off person.
9. Describe and demonstrate the correct fundamentals for infield and outfield play.
10. Demonstrate the correct mechanics of throwing, catching and hitting a baseball. Participate in conditioning and stretching exercises.

COURSE CONTENT:

Curriculum Approval Date: 05/14/2024

3 - 6 Hours

Content: 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 proficiency enhanced by supervised repetition. They will discuss with their peers the importance of not allowing your weight to shift forward while hitting.

6 - 12 Hours

Content: 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 coverage, 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.

3 - 6 Hours

Content: 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.

3 - 6 Hours

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

6 - 12 Hours

Content: 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.

4 - 10 Hours

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

2 Hours

Final Exam.

METHODS OF INSTRUCTION:

Demonstration, discussion, peer teaching.

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.

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

Not Transferable

UC TRANSFER:

Transferable UC, effective 201570

Not Transferable

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:

CSU Crosswalk Course Number:

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: CCC000533733

Sports/Physical Education Course: Y

Taxonomy of Program: 083550