

### Course Outline

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

**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:**

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. This course is now listed as Kinesiology 11A, 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 1 times

#### **SCHEDULE TYPES:**

02 - Lecture and/or discussion

03 - Lecture/Laboratory

04 - Laboratory/Studio/Activity

#### **STUDENT LEARNING OUTCOMES:**

1. The student will demonstrate the basic techniques for throwing, catching, fielding, hitting, and bunting.

ILO: 7, 2

Measure: skill test, performance

2. The student will discuss and demonstrate the proper mechanics for pitching, catching, base running, sliding, and base coaching.

ILO: 7, 1, 2, 4

Measure: oral report, written exam, role playing, demonstration

3. The student will recognize situations calling for the use of special offenses and defenses and react accordingly.

ILO: 7, 2, 1, 4

Measure: demonstration, exam

4. The student will explain the standardized rules of college baseball.

ILO: 2, 1, 7

Measure: discussion, written exam

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

Inactive Course: 11/08/2010

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

Curriculum Approval Date: 04/28/2008

12 Hours

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. Students who repeat this class will become more proficient in basic skills through repetition of the drills in this course.

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

SPO: Students will identify the proper equipment needs for baseball. They will demonstrate the correct methods of stretching and conditioning for baseball. Students will demonstrate and explain the basic fundamentals involved in throwing and catching a baseball.

8 Hours

Basic hitting and bunting biomechanics will be presented through lecture, discussion, video, and 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 presented. Students who repeat this course will become more proficient in executing the basic mechanics of hitting and bunting.

HW: 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.

SPO: Students will recognize and demonstrate the techniques involved in hitting and in executing a sacrifice bunt and a drag bunt.

8 Hours

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. Students who repeat this class will be able to identify the difference between a primary and a

secondary base running lead. They 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.

HW: 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.

SPO: Students will discuss, explain, and perform base running and sliding skills. They will explain and demonstrate the primary responsibilities, duties, and verbal and hand signals involved in base coaching.

#### 8 Hours

Introduction to the basic mechanics and techniques involved in pitching. Sequential drills and video will be utilized to help students with 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 included. Practical situational drills will be provided. Students who repeat the course will become more proficient in their pitching and catching fundamentals through repetition of drills in a supervised setting. They will critique a first year student's techniques and provide feedback.

HW: 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.

SPO: Students will explain and demonstrate the basic mechanics involved in pitching. They will 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.

#### 12 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 covered. Practical application in game situations will be discussed and practiced. Defensive situations, philosophies, and strategies involved in defending the bunt, double steal, rundowns, and pick-off plays will be presented. Basic offensive strategy and philosophy involving the bunt, steal, and hit and run plays will be presented through classroom lecture, on-field instruction, and drills. Students who repeat the class will mentor a first year student who is playing their same position.

HW: 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.

SPO: Students will diagram cut and relay patterns for each infield and outfield position. Students will demonstrate their ability to apply basic offensive and defensive strategies in practice and scrimmage situations.

#### 8 Hours

Review of hitting and bunting principles. Lecture, discussion, and video on the basic rules of the game. The opportunity to practice the skills learned throughout the class will be provided in game-like situations. Students who repeat this class will be provided with the opportunity to umpire scrimmages and therefore apply the rules.

HW: 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.

SPO: Students will recognize typical bunt situations and apply the appropriate skills. They will analyze and interpret case studies in the standard rule book.

#### 12 Hours

Interclass play; where the student will utilize their playing skills, base coaching, and the rules of the game; will be provided. Umpiring situations will also be included. Semester review and skill evaluation. Students who repeat the class will be provided with leadership opportunities.

HW: 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.

SPO: Students will demonstrate their playing skills, base coaching skills, and application of offensive and defensive strategies during interclass play. They will umpire at least one interclass game.

2 Hours

Final examination. Practical and/or written.

**METHODS OF INSTRUCTION:**

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

**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:

Requires student participation

The basis for assigning students grades in the course:

Writing assignments: 0% - 0%

Problem-solving demonstrations: 0% - 0%

Skill demonstrations: 30% - 50%

Objective examinations: 10% - 20%

Other methods of evaluation: 30% - 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: 11A  
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: CCC000268817  
Sports/Physical Education Course: Y  
Taxonomy of Program: 083500