

I. CATALOG DESCRIPTION

- A. Department Information:
Division: Physical Education, Athletics & Health
Department: N/A
Course ID: PE-T 100X4
Course Title: Team Sports Activities: Baseball
Units: 1
Lecture: None
Lab: 3 Hours

B. Catalog and Schedule Description:

Instruction in the skills, techniques, strategies, etiquette, and rules of baseball at beginning, low intermediate, high intermediate and advanced levels of performance. Students will improve their overall physical fitness and develop carryover skills.

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: Four

III. EXPECTED OUTCOMES FOR STUDENTS:

- A. On successful completion of level one of this course, the student should be able to:
1. Demonstrate beginning level skills in the sport of baseball
 2. Demonstrate knowledge of basic baseball rules
 3. Demonstrate knowledge of basic safety standards in game of baseball
 4. Perform warm-up and cool-down exercises for baseball
 5. Identify differing roles related to positions on field
- B. On successful completion of level two of this course, the student should be able to:
1. Demonstrate low intermediate level skills in the game of baseball
 2. Explain facility preparation procedures
 3. Set up and break down practice and game equipment
 4. Demonstrate knowledge of all baseball rules
 5. Identify differing roles of players throughout batting order
- C. On successful completion of level three of this course, the student should be able to:
1. Demonstrate high intermediate level skills in the game of baseball
 2. Describe specialized warm-up and cool-down exercises
 3. Demonstrate proper fielding technique for all defensive positions
 4. Compare and contrast differing offensive and defensive styles of play
- D. On successful completion of level four of this course, the student should be able to:
1. Demonstrate advanced level skills in the game of baseball
 2. Design a batting order to achieve optimum team performance
 3. Lead a group discussion on defensive positioning
 4. Lead a group discussion on offensive strategies

IV. CONTENT:

- A. Introduction to equipment, procedures, rules, field positions
- B. Individual offensive and defensive skills
1. Hitting
 2. Bunting
 3. Base running
 4. Fielding
 5. Throwing
- C. Team offensive and defensive skills
1. Offensive situations
 2. Defensive situations

- D. Team strategies relating to game plans
 - 3. Small ball
 - 4. Pitching and defense
- E. Field positions and roles of players
- F. Batting orders and differing roles
- G. Conditioning methods and exercises
- H. Safety and injury prevention

V. METHODS OF INSTRUCTION:

- A. Lecture and discussion
- B. Demonstration of skills
- C. Drills in skills and techniques
- D. Simulations of game situations

VI. TYPICAL ASSIGNMENTS:

- A. Write a paper comparing the "slide rule" at 2nd base and home plate.
- B. Describe the steps to calculate the "earned run average" of a pitcher
- C. Read and critique an article on hitting technique

VII. EVALUATION:

- A. Methods of Evaluation:
 - 1. Methods of evaluation for first semester students
 - a) Skill tests – form analysis in three basic skills
 - c) Written assignment on basic rules and techniques
 - d) Written final exam
 - 2. Methods of evaluation for second semester students
 - a) Skill tests – form analysis in five basic skills
 - b) Written assignment on basic team offense and defense
 - c) Written final exam
 - 3. Methods of evaluation for third semester students
 - a) Skills tests – form analysis in three advanced techniques
 - b) Written assignment on advanced rules and techniques
 - c) Written final exam
 - 4. Methods of evaluation for fourth semester students
 - a) Skills tests – form analysis in five advanced techniques
 - b) Written assignment on advanced team offense and defense
 - c) Written final exam
- B. Frequency of Evaluation:
 - 1. Weekly skills testing
 - 2. Written assignments every 4-5 weeks
 - 3. Final exam at end of semester
- C. Typical exam questions:
 - 1. Differentiate between a sacrifice bunt to 3rd base and a drag bunt to 1st base
 - 2. Diagram the defense team for a dead-pull hitter.

VIII. TYPICAL TEXT(S):

Dorfman, H. A. and Kuehl, Karl, The Mental Game of Baseball, (3rd Edition), Diamond Communications, 2002.
Kindall, Jerry and Winkin, John, The Baseball Coaching Bible, Human Kinetics, 2000.

IX. OTHER SUPPLIES REQUIRED OF STUDENTS

None.