

# ATHL 0100 - BASEBALL TRAINING

## Catalog Description

Formerly known as PHED 102

Prerequisite: Enrollment limitation: permission of instructor required; for students with advanced baseball skills, conditioning and previous competitive experience

Hours: 58 laboratory per unit

Description: Stresses baseball training, skills, knowledge, strategy, and appreciation. Intended for students with varsity high school experience who are preparing for competitive intercollegiate baseball. May be taken four times for credit. (CSU, UC-with unit limitation)

## Course Student Learning Outcomes

- CSLO #1: Describe and demonstrate individual offensive/hitting skills: sacrifice bunt, drag bunt, delayed steal, hook slide and pop-up slide.
- CSLO #2: Analyze team building and leadership techniques at the college level.
- CSLO #3: Perform a higher level of skills corresponding with course repetition.
- CSLO #4: Describe and perform team defensive strategies; 1st and 3rd situations, bunt coverages, pickoff plays and relays.

## Effective Term

Fall 2020

## Course Type

Credit - Degree-applicable

## Contact Hours

29-174

## Outside of Class Hours

0

## Total Student Learning Hours

29-174

## Course Objectives

Objectives:

1. Demonstrate individual offensive/hitting skills: sacrifice bunt, drag bunt, delayed steal, hook slide and pop-up slide;
2. Describe and demonstrate individual defensive skills at the collegiate level: diving, fielding ground balls and fly balls;
3. Analyze and demonstrate team offensive strategies: bunt & run, hit & run, squeeze play and double steal;
4. Describe and perform team defensive strategies: 1st & 3rd situations, bunt coverages, pickoff plays and relays;
5. Illustrate team building and leadership techniques at the collegiate level;

6. Demonstrate a higher level of skills corresponding with course repetition.

## General Education Information

- Approved College Associate Degree GE Applicability
- CSU GE Applicability (Recommended-requires CSU approval)
- Cal-GETC Applicability (Recommended - Requires External Approval)
- IGETC Applicability (Recommended-requires CSU/UC approval)

## Articulation Information

- CSU Transferable
- UC Transferable

## Methods of Evaluation

- Problem Solving Examinations
  - Example: Students will pass a problem solving exam and submit a portfolio on situational advanced/intercollegiate game strategies. Pass/Fail Grading.
- Skill Demonstrations
  - Example: Students will successfully complete offensive and defensive skill demonstration. Pass/Fail Grading.

## Repeatable

Yes

## Methods of Instruction

- Laboratory
- Distance Learning

Lab:

1. Instructor will facilitate a class discussion in which students will evaluate the different types of bunt defenses and offensive strategies used in intercollegiate baseball. (Objective 2)
2. Instructor will facilitate small group discussions in which students will summarize specific reading assignments and develop charting strategies to be shared with the class. (Objective 1)
3. Instructors will assign reports on calling pitches and a rough and final draft will be required. (Objective 3)

Distance Learning

1. Instructor will lecture on offensive skills. The students will list and explain the different types of bunts. (objective 1)

## Typical Out of Class Assignments

### Reading Assignments

1. Read assigned pages regarding scorekeeping from the textbook and be prepared to discuss specific information that can be attained from a scorebook.
2. Read current magazine articles regarding pitch selection, and overall execution of advanced/collegiate baseball skills and be prepared to discuss the findings in class.

## Writing, Problem Solving or Performance

1. Perform the proper technique for throwing a slider and a change up to a right-handed batter.
2. Using live game situations, problem solve

offensive and defensive situations and master all offensive and defensive signs.

## **Other (Term projects, research papers, portfolios, etc.)**

### **Required Materials**

- The Baseball Playbook
  - Author: Ron Polk
  - Publisher: Ron Polk
  - Publication Date: 2018
  - Text Edition: 3rd
  - Classic Textbook?: No
  - OER Link:
  - OER:

## **Other materials and-or supplies required of students that contribute to the cost of the course.**

Each student must supply their own baseball spikes, gloves and bats.