ATHL 0150 - INTERCOLLEGIATE BASEBALL (M)

Catalog Description

Formerly known as PHED 161

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

Hours: 58 laboratory per unit

Description: Intercollegiate baseball competition conducted through NCAA and California Community College Athletic Association (CCCAA) rules. May be taken four times for credit. (CSU, UC-with unit limitation)

Course Student Learning Outcomes

- CSLO #1: Select and perform offensive and defensive strategies.
- CSLO #2: Analyze offensive and defensive signals.
- · CSLO #3: Perform game day score keeping techniques.

Effective Term

Fall 2020

Course Type

Credit - Degree-applicable

Contact Hours

58-174

Outside of Class Hours

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Total Student Learning Hours

58-174

Course Objectives

- 1. Analyze aspects of a quality baseball program as it related to offensive strategies.
- 2. Identify the benefits of using Own the Zone signal calling system.
- 3. Evaluate defensive baseball strategies.
- 4. Develop a scouting report.
- 5. Analyze the mental game of baseball.
- 6. Demonstrate techniques used to hit different pitches.
- 7. Implement pitch calling strategies for a college baseball game.
- 8. Perform defensive signals used in a bunt situation and align defensive players on the infield.
- 9. Perform plays to defend a first and third situation while on defense.
- 10. Demonstrate breathing techniques to use in the on deck circle during a college baseball game.
- 11. Perform the steps to field a fly ball.
- 12. Demonstrate the bunting techniques used in the short game.

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

- · Classroom Discussions
 - Example: After analyzing and discussing opponents game film, develop a scouting report and present it to the class. A rubric will be used to score the assignment and a traditional grading scale will be used.
- · Skill Demonstrations
 - Example: Perform the steps to fielding a ground ball in the infield. Video analysis will be used to assess the skill. Rubric grading.

Repeatable

Yes

Methods of Instruction

- Laboratory
- · Distance Learning

Lab:

- Discussion by the instructor on the various defensive scenarios. The students will examine the scenarios and discuss in small groups. (Objective 3)
- Instructor will lead a discussion on pre-pitch preparation for on deck batters. Students will are expected to participate in the discussion. (Objective 5)
- Following an instructor presentation, students will perform plays to defend the short game on defense. The instructor will evaluate the plays (Objective 7)
- The instructor will discuss how to hit an off-speed pitch. The students will demonstrate the techniques used to hit off speed pitches (Objective 1)

Distance Learning

1. The instructor will lecture on the steps to field a fly ball. The students will outline the steps to fielding a fly ball. (objective 11)

Typical Out of Class Assignments Reading Assignments

 Read chapter in "Heads up Baseball" and examine your best and worst performances in a baseball games using the chart on from the textbook.
 Read chapter in "Heads Up Baseball" and prepare to discuss pre-game mental preparation strategies to use during warm ups.

Writing, Problem Solving or Performance

1. Identify three defensive strategies to defend a power hitter. Prepare a written report on the three strategies. 2. Create a chart for calling pitches during a college baseball game.

Other (Term projects, research papers, portfolios, etc.) Required Materials

- The TUFFCUFF Strength and Conditioning Manual for Baseball Pitchers
 - · Author: Steven Ellis
 - · Publisher. The Complete Pitcher, Inc.
 - Publication Date: 2019
 - · Text Edition: 4th
 - · Classic Textbook?: No
 - OER Link:
 - · OER:

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

Students will provide their own baseball spikes, gloves and bats.