

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

0

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:

1. Discussion by the instructor on the various defensive scenarios. The students will examine the scenarios and discuss in small groups. (Objective 3)
2. Instructor will lead a discussion on pre-pitch preparation for on deck batters. Students will be expected to participate in the discussion. (Objective 5)
3. Following an instructor presentation, students will perform plays to defend the short game on defense. The instructor will evaluate the plays (Objective 7)
4. 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

1. Read chapter in "Heads up Baseball" and examine your best and worst performances in a baseball games using the chart on from the textbook.
2. 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.