

KIN 0087A - THEORY OF BASEBALL

Catalog Description

Formerly known as PHED 89A

Hours: 54 lecture

Description: Study and analysis of competitive baseball. Emphasis on defense, offense, pitching, base running, and team strategy. Designed for students with baseball experience and/or the desire to coach baseball at any level. (CSU, UC-with unit limitation)

Course Student Learning Outcomes

- CSLO #1: Equate situations from game videos and case studies to analyze the mental attitude of successful baseball players.
- CSLO #2: Identify and explain special defensive situations in the infield.
- CSLO #3: Identify and explain special defensive situations in the outfield.
- CSLO #4: Outline the hitting mechanics used to hit an outside pitch and an inside pitch.

Effective Term

Fall 2019

Course Type

Credit - Degree-applicable

Contact Hours

54

Outside of Class Hours

108

Total Student Learning Hours

162

Course Objectives

1. Compare and contrast situations from game videos and case studies to analyze the mental attitude of successful baseball players.
2. Diagram a coaching plan with strategies to examine outfield play, priorities and angles of batted balls to the outfield.
3. Describe the main characteristics of relay throws and double cut offs to home plate and all other bases.
4. Through the use of game video, examine the spin and curve of balls hit to the outfield.
5. Construct a game plan to evaluate communication during infield play.
6. Identify and explain special defensive situations in the infield.
7. Explain 15 pitching signs and locations of each pitch.
8. Analyze a hitting and pitching chart focusing on an opponents strengths and weaknesses through charting a baseball game at any level.
9. Analyze the hitting mechanics used to hit an outside pitch and an inside pitch.

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: Classroom discussion includes lecture/small group activities in which students brainstorm creative drills to assess hitting mechanics.
- Essay Examinations
 - Example: Short essay analyzing mental attitudes of baseball players. Students will be evaluated based on rubric prepared by instructor and shared with students.
- Objective Examinations
 - Example: Exams include overall knowledge of the game/ strategies in college baseball and the mental aspect used in baseball. Rubric grading. Example: True/False - With a runner on third and no outs, it's a good decision for the player on first to steal second.
- Projects
 - Example: Student will design and present practice plans, evaluated based upon level of detail and use of class materials.

Repeatable

No

Methods of Instruction

- Lecture/Discussion
- Distance Learning

Lecture:

1. Lecture by the instructor on the various aspects of the main baseball theories, with in-class practical application of students working in small groups on case study scenarios.

Distance Learning

1. Instructor will introduce and assign an article from a professional periodical that illustrates a real life application of a theory or concept studied in the course. Instructor will provide lecture information and lead a class discussion to summarize the material presented in the article, and make a clear comparison with information outlined in the text book, and the viewing of game videos. Student writing will be evaluated on a basis of writing competency and content.

Typical Out of Class Assignments Reading Assignments

1. Read articles from professional periodicals that illustrate the importance of the mental attitude of baseball athletes and be prepared to discuss in class.
2. Read current events in the newspaper and/or internet websites which address baseball issues (e.g., hitting mechanics, pitching

mechanics, baserunning strategies, innovative charting and scouting reports) and be prepared to discuss.

Writing, Problem Solving or Performance

1. Write a one page essay on the fundamentals of base stealing. 2. Describe solutions to defensive situations in baseball to the recruiting process of college baseball players.

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

1. Compose a five day practice plan implementing offensive and defensive situations. 2. Design a portfolio of ten drills for each positions on the baseball field.

Required Materials

- Intangibles: Big League Strategies for Winning the Mental Game-in Baseball and in Life
 - Author: Geoff Miller
 - Publisher: Byte Level Books
 - Publication Date: 2012
 - Text Edition: 1st
 - Classic Textbook?:
 - OER Link:
 - OER:
- Ninety Percent Mental
 - Author: Bob Tewksbury & Scott Miller
 - Publisher: Da Capo Press
 - Publication Date: 2018
 - Text Edition:
 - Classic Textbook?:
 - OER Link:
 - OER:

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