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C & GE Approved: April 4, 2019  
Board Approved: May 8, 2019  
State Approved: July 2, 2019  
Semester effective: Spring 2020

Physical Education (PHED) 1514 Intercollegiate Baseball (2 Units; limit 4 Units) CSU:UC  
[formerly Physical Education 14A]

Advisory: Experience playing competitive baseball is desirable

Hours and Unit Calculations:

Total Contact Hours: 160 lab hours. (160 Total Student Learning Hours) 2 Units

Catalog Description: This course is designed for students who possess the desire, ability and skills necessary to compete in intercollegiate athletics and may be limited to those who present the necessary physical and mental fitness. Sufficient skill to reduce the likelihood of injury is also required. The consent of the coach is necessary before enrollment. Prior to participation a student must get medical clearance through a physical examination and must meet eligibility requirements. Attendance at all scheduled practices and games are part of the course requirement unless the coach excuses the student.

Type of Class/Course: Degree Credit

Text:

Ravizza, Ken and Hanson, Tom, *Heads-Up Baseball 2.0*, Hanson House Publishing, 2016.

Additional Instructional Materials: None

Course Objectives:

1. to prepare the student for intercollegiate competition,
2. to provide the student with fundamental instruction in needed baseball skills,
3. to build a high level of fitness and conditioning, and
4. to acquaint the student with techniques and strategies used in playing successful competitive baseball.

Course Scope and Content:

Unit I            Conditioning (Training will continue throughout the semester.)

- A.     Running and agility drills
- B.     Weight lifting
- C.     Flexibility training

Unit II            Basic Fundamental Skills

- A.     Hitting



- B. Pitching
- C. Fielding
- D. Throwing
- E. Base running
- F. Bunting
- G. Position by position techniques

Unit III Explanation of Rules

Unit IV Team Baseball

- A. Defensive Strategies
- B. Offensive Strategies

Learning Activities Required Outside of Class:

The students in this class will spend a minimum of 2 hours per week outside of the regular class time doing the following:

1. Skill practice
2. Working on individual skills,
3. Keeping a notebook using class materials,
4. Studying multimedia presentations, and
5. Reading of the textbook.

Methods of Instruction:

1. Practice and repetition of skills and strategies
2. Demonstrations
3. Practice intrasquad scrimmages
4. Practice games
6. Oral instruction
7. Multimedia
8. Participation in intercollegiate games

Methods of Evaluation:

1. Skill demonstrations, including:
  - a. class performance
2. Intercollegiate games

Supplemental Data:

TOP Code:	083550: Intercollegiate Athletics
SAM Priority Code:	E: Non-Occupational

Distance Education:	Not Applicable
Funding Agency:	Y: Not Applicable(funds not used)
Program Status:	1: Program Applicable
Noncredit Category:	Y: Not Applicable, Credit Course
Special Class Status:	N: Course is not a special class
Basic Skills Status:	N: Course is not a basic skills course
Prior to College Level:	Y: Not applicable
Cooperative Work Experience:	N: Is not part of a cooperative work experience education program
Eligible for Credit by Exam:	NO
Eligible for Pass/No Pass:	NO
Taft College General Education:	NONE
Discipline	Health or PE or Kinesiology or Coaching