Physical Education (PHED) 1535 Baseball and Physical Fitness (1 or 2 units) CSU:UC
[formerly Physical Education 35AB]

Prerequisite: None

Hours and Unit Calculations:
Total Contact Hours: 48 lab hours (48 Total Student Learning Hours) 1 Unit; 96 lab hours (96 Total Student Learning Hours) 2 Units.

Catalog Description: This activity course is designed to improve understanding of the fundamentals of baseball. The instructional aspects of baseball are combined with a special conditioning program.

Type of Class/Course: Degree Credit


Additional Instructional Materials: Baseball equipment

Course Objectives:

By the end of the course, a successful student will be able to:

1. Improve skill level in baseball techniques of:
   a. Throwing,
   b. Catching,
   c. Fielding,
   d. Batting,
   e. Base running, and
   f. Pitching,

2. Participate in game experience, and

3. Improve quickness, strength and overall conditioning.

Course Scope and Content

Unit I   Conditioning
   A. Quickness
   B. Strength
   C. Cardiovascular
   D. Stamina

Unit II   Fundamental Skills
   A. Hitting
   B. Pitching
C. Fielding
D. Throwing
E. Base running
F. Bunting
G. Position by position techniques

Unit III  Basic Rules of the Game
A. Offense
B. Defense
C. Sportsmanship and ethics

Unit IV  Basic Team Strategy
A. Offensive signs
B. Defensive signs
C. Scouting

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. Taking notes on multimedia presentations, and
3. Reading of the textbook.

Methods of Instruction:

1. Oral instruction in the fundamentals of baseball,
2. Practice,
3. Use of multimedia as additional learning material, and
4. Demonstration.

Methods of Evaluation:

1. Skill demonstrations, including:
   a. Class performance and
   b. Scrimmage games

Supplemental Data:

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<td>Description</td>
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