

Reviewed by: B. Ferguson
Reviewed by: K. Bandy
Reviewed by: V. Maiocco
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C&GE approved: April 4, 2019
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Semester effective: Spring 2020

Physical Education (PHED) 1735 Offseason Intercollegiate Baseball and Physical Fitness (0.5, 1 or 2 units per semester); (limit 8 units) CSU

Prerequisite: None

Hours and Unit Calculations:

Total Contact Hours: 24 lab hours (24 Total Student Learning Hours) .5 Unit; 48 lab hours (48 Total Student Learning Hours) 1 Unit; 96 lab hours (96 Total Student Learning Hours) 2 Units

Catalog Description: This is an offseason intercollegiate course that will provide instruction in basic baseball fundamentals. Emphasis will be on game play. This course is designed for those students who desire 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 passing of medical and physical examinations and the consent of the coach are necessary before enrollment.

Type of Class/Course: Degree Credit

Text:

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

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
 - f. Pitching
2. Participate in game experience
3. Improve quickness, strength, and overall conditioning.

Course Scope and Content:

Unit I Offseason Conditioning
 A. Quickness

- B. Strength
- C. Cardiovascular
- D. Stamina

Unit II Fundamental Offseason Skills

- A. Hitting
- B. Pitching
- C. Fielding
- D. Throwing
- E. Base running
- F. Bunting

Unit III Basic Rules of the Game

- A. Offense Rules
- B. Defense Rules
- 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 1 hour per week outside of the regular class time doing the following:

1. Working on individual skills
2. Keeping a notebook using class materials
3. Evaluating Multimedia presentations
4. Readings from the textbook

Methods of Instruction:

1. Practice of:
 - a. Individual skills
 - b. Game
2. Demonstration
3. Oral Instruction
4. Multimedia

Methods of Evaluation:

1. Skill demonstrations, including:
 - a. Class performance
 - b. Intra-squad games
2. Notebook

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:	I: 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:	C: Pass/No Pass
Taft College General Education:	NONE
Discipline:	Health or PE or Kinesiology or Coaching