

ATHL A250: BASEBALL TEAM

Item	Value
Curriculum Committee Approval Date	12/04/2024
Top Code	083550 - Intercollegiate Athletics
Units	3 Total Units
Hours	162 Total Hours (Lab Hours 162)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	Yes; Repeat Limit 3
Open Entry/Open Exit	No
Grading Policy	Standard Letter (S), • Pass/No Pass (B)
Associate Arts Local General Education (GE)	• Area 7 Life Skills, Lifelong Learning, and Self-Development 7B Activity (OE2)
California State University General Education Breadth (CSU GE-Breadth)	• CSU E2 Activity Course (E2)

Course Description

Eligibility auditions will be held during the first week of class. This course may be taken four times. Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

Course Level Student Learning Outcome(s)

1. Execute proper training techniques needed to improve skills in preparation for successful intercollegiate competition.
2. Demonstrate commitment to excellence, fair play, and personal responsibility through participation in intercollegiate athletics.

Course Objectives

- 1. Demonstrate physical skills and knowledge of the game of baseball needed to continue at a 4-year college or sign a professional contract.
- 2. Demonstrate positive attitudes and behavior appropriate to an outstanding athlete.
- 3. Demonstrate improved skills through intercollegiate competition.
- 4. Develop a personal commitment to athletic excellence.
- 5. Analyze personal performance on and off the field.
- 6. Participate and compete effectively as a member of a team in an athletic experience.

Lecture Content

Lab Content

To improve and develop more consistency in all aspects of the game of baseball. To improve and be more knowledgeable in the mental skills for competitive baseball. 1. Throwing2. Hitting3. Fielding4. Basic Rules

5. Pitching mechanics6. Catching mechanics7. Sliding8. Bunting9. Scrimmages Machine pitch 10. 1st and 3rd defense11. Bunt defense12. Base running13. Outfield play14. Scoring procedure15. Scrimmages Coach pitch 16. Conditioning17. Weight lifting18. Field maintenance19. Mental side of game20. Scrimmages Player pitch

Method(s) of Instruction

- Lab (04)

Instructional Techniques

Lecture and discussions, video analysis, instructor feedback, intensive chalkboard sessions, practice sessions.

Reading Assignments

NCAA Rule Guide; Articles related to the sport; handouts on sport skills.

Writing Assignments

Proficiency demonstration of baseball skills, throwing, hitting, sliding, fielding, bunting, written assignments of baseball rules and strategies.

Out-of-class Assignments

Continued practice of skills necessary for successful participation at the intercollegiate level of the sport; attendance at athletic competitions.

Demonstration of Critical Thinking

Participation, successful performance, baseball skills demonstration.

Required Writing, Problem Solving, Skills Demonstration

Proficiency demonstration of baseball skills, throwing, hitting, sliding, fielding, bunting, written assignments of baseball rules and strategies.

Eligible Disciplines

Physical education: Master's degree in physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education, OR bachelor's degree in any of the above AND master's degree in any life science, dance, physiology, health education, recreation administration, or physical therapy OR the equivalent. Master's degree required.

Other Resources

1. DVD and VCR evaluation of performance 2. NCAA Baseball Guide current edition (revised annually) 3. Handouts to be provided and distributed by the instructor.