

CATALOG INFORMATION

Dept and Nbr: ATHL 11

Title: MEN'S VARSITY BASEBALL

Full Title: Men's Varsity Baseball

Last Reviewed: 12/12/2023

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	2.00	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	2.00	Lab Scheduled	10.00	17	Lab Scheduled	175.00
		Contact DHR	0		Contact DHR	0
		Contact Total	10.00		Contact Total	175.00
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 0.00

Total Student Learning Hours: 175.00

Title 5 Category: AA Degree Applicable

Grading: Grade or P/NP

Repeatability: 34 - 4 Enrollments Total

Also Listed As:

Formerly: PE 50

**Catalog Description:**  
Practice for and participation in intercollegiate competition, emphasizing skills, fundamentals and strategies.

**Prerequisites/Corequisites:**  
Health and Safety.

**Recommended Preparation:**

**Limits on Enrollment:**

**Schedule of Classes Information:**  
Description: Practice for & participation in intercollegiate competition; emphasizing skills, fundamentals & strategies. (Grade or P/NP)  
Prerequisites/Corequisites: Health and Safety.  
Recommended:  
Limits on Enrollment:  
Transfer Credit: CSU;UC.  
Repeatability: 4 Enrollments Total

## **ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:**

<b>AS Degree:</b>	<b>Area</b>	Effective:	Inactive:
<b>CSU GE:</b>	<b>Transfer Area</b>	Effective:	Inactive:
<b>IGETC:</b>	<b>Transfer Area</b>	Effective:	Inactive:

<b>CSU Transfer:</b>	Transferable	Effective:	Fall 1981	Inactive:
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<b>UC Transfer:</b>	Transferable	Effective:	Fall 1981	Inactive:
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**CID:**

**Certificate/Major Applicable:**

Major Applicable Course

## **COURSE CONTENT**

### **Outcomes and Objectives:**

#### **I. BY THE END OF THE SEMESTER THE STUDENT WILL HAVE DEVELOPED:**

1. An understanding of the rules of teams as they pertain to:
  - A. NCAA baseball rules
  - B. California Community College Baseball Rules and Regulations.
2. The knowledge of a physical conditioning program and the understanding of why and how it is implemented into a competitive baseball format.
3. Advanced level skills and fundamentals necessary for inter-collegiate baseball competition.
4. Advanced strategy for intercollegiate baseball competition.
5. The knowledge to understand and analyze strengths and weaknesses of individual opponents and teams.
6. The ability to develop a yearly practice and plan which leads sequentially to the State Championship.

### **Topics and Scope:**

#### **I. Pre-season Practice Routine**

1. Physical conditioning
2. Refine advanced skills
3. Drills emphasizing fundamentals
4. Drills to execute plays properly
5. Intrasquad competition

#### **II. Pre-conference Practice Games/Tournaments**

1. Game preparation - individual and team "game plans"
2. Learning to execute strategy and plans in a competitive situation
3. Analyzing success and failure
4. Establishing individual roles
5. Developing the "team" concept

#### **III. Conference Competition and Practice Routine**

1. Weekly practice plans developed

2. Team drills designed to improve weaknesses and maintain strengths
  3. Work to improve individual failures
  4. Analyzing competition.
- IV. Post Conference Competition and Practice Routine
1. Maintain all physical skills and conditioning at a peak
  2. Mentally prepare for high pressure situations
  3. Team game plans for opponents
  4. Previewing in practice "game plan" and all possible situations that may occur

### Assignment:

### Methods of Evaluation/Basis of Grade:

**Writing:** Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

None, This is a degree applicable course but assessment tools based on writing are not included because skill demonstrations are more appropriate for this course.

Writing  
0 - 0%

**Problem Solving:** Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

None

Problem solving  
0 - 0%

**Skill Demonstrations:** All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Class performances, Performance exams

Skill Demonstrations  
25 - 60%

**Exams:** All forms of formal testing, other than skill performance exams.

Written and Verbal Exam

Exams  
10 - 25%

**Other:** Includes any assessment tools that do not logically fit into the above categories.

ATTENDANCE

Other Category  
25 - 60%

### Representative Textbooks and Materials: