

**PHYED 86.3 Course Outline as of Fall 2003****CATALOG INFORMATION**

Dept and Nbr: PHYED 86.3 Title: BASEBALL - ADV.

Full Title: Advanced Baseball

Last Reviewed: 8/28/2017

| Units   |      | Course Hours per Week |      | Nbr of Weeks | Course Hours Total |       |
|---------|------|-----------------------|------|--------------|--------------------|-------|
| Maximum | 2.00 | Lecture Scheduled     | 0    | 17.5         | Lecture Scheduled  | 0     |
| Minimum | 1.00 | Lab Scheduled         | 4.00 | 6            | Lab Scheduled      | 70.00 |
|         |      | Contact DHR           | 0    |              | Contact DHR        | 0     |
|         |      | Contact Total         | 4.00 |              | Contact Total      | 70.00 |
|         |      | Non-contact DHR       | 0    |              | Non-contact DHR    | 0     |

Total Out of Class Hours: 0.00

Total Student Learning Hours: 70.00

Title 5 Category: AA Degree Applicable

Grading: Grade or P/NP

Repeatability: 22 - 4 Times in any Comb of Levels

Also Listed As:

Formerly: PE 41.3

**Catalog Description:**

A progressive program of advanced techniques and strategies in baseball. Specialized time devoted to videotaping and film analysis for individual development.

**Prerequisites/Corequisites:****Recommended Preparation:****Limits on Enrollment:****Schedule of Classes Information:**

Description: Progressive program of advanced techniques & strategies in baseball. (Grade or P/NP)

Prerequisites/Corequisites:

Recommended:

Limits on Enrollment:

Transfer Credit: CSU;UC.

Repeatability: 4 Times in any Comb of Levels

## **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:  |           |
| <b>UC Transfer:</b>  | Transferable         | Effective: | Fall 1981 | Inactive:  |           |

### **CID:**

### **Certificate/Major Applicable:**

Major Applicable Course

## **COURSE CONTENT**

### **Outcomes and Objectives:**

- I. By the end of the semester the student will have developed advanced fundamental skills in:
  1. Fielding
  2. Throwing
  3. Baserunning
  4. Bunting
  5. Hitting
  6. Understand and perform advanced level team offensive and defensive skills.
  7. Be able to analyze the game of baseball and the different philosophies of play.

### **Topics and Scope:**

- I. OFFENSIVE BASEBALL- First 2/3 of semester
  1. Hitting techniques and strategies
    - A. moving runner to second base
    - B. moving runner to third base
    - C. scoring runner from third base
  2. Bunting techniques and strategy
    - A. moving runner to second base
    - B. moving runner to third base
    - C. scoring runner from third base
  3. Slash techniques and strategies
    - A. advancing runners with a slash in a bunting situation
  4. Running and sliding techniques and strategies
    - A. tagging bases
    - B. breaks from 1st to 2nd, 2nd to 3rd, 3rd to home
    - C. rounding bases
    - D. situation baserunning
    - E. sliding into bags, away from throw

## II. DEFENSIVE BASEBALL (COVERAGE) First 2/3 of semester

1. Positioning techniques and strategies
  - A. right hand and left hand hitters
  - B. infield deep - halfway - in position
  - C. 1st and 3rd situation position
  - D. alignments
  - E. situation positioning
  - F. bunting situations and plays
  - G. outfield positioning
2. Fielding techniques and strategies
  - A. catchers
    - 1) framing
    - 2) stance
    - 3) receiving the ball
    - 4) footwork
    - 5) block ball
  - B. Infield
    - 1) stance
    - 2) preliminary movement
    - 3) fielding position
    - 4) jumps
    - 5) receiving the ball
  - C. Outfield
    - 1) stance
    - 2) preliminary movement
    - 3) jumps
    - 4) receiving the ball
  - D. Pitchers
    - 1) fielding position
    - 2) covering 1st base
    - 3) receiving ball
3. Throwing Techniques and Strategies
  - A. Grip and release of ball
  - B. Body mechanics and footwork
  - C. All cut-offs
  - D. Differences according to position

### 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  
20 - 40%

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

Multiple choice, True/false, ESSAY

Exams  
20 - 40%

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

ATTENDANCE

Other Category  
40 - 60%

**Representative Textbooks and Materials:**