

ATHL 11L Course Outline as of Fall 2021**CATALOG INFORMATION**

Dept and Nbr: ATHL 11L Title: BASEBALL LAB
 Full Title: Baseball Laboratory
 Last Reviewed: 4/26/2021

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	1.50	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	1.50	Lab Scheduled	0	10	Lab Scheduled	0
		Contact DHR	3.00		Contact DHR	52.50
		Contact Total	3.00		Contact Total	52.50
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 26.25

Total Student Learning Hours: 78.75

Title 5 Category: AA Degree Applicable
 Grading: Grade or P/NP
 Repeatability: 34 - 4 Enrollments Total
 Also Listed As:
 Formerly: PE 97

Catalog Description:

Introduction to the structure and development of various baseball strategies. This course will include analysis of scouting reports and film reviews as well as the practical application of various physical training concepts and techniques.

Prerequisites/Corequisites:**Recommended Preparation:****Limits on Enrollment:**

By Tryout

Schedule of Classes Information:

Description: Introduction to the structure and development of various baseball strategies. This course will include analysis of scouting reports and film reviews as well as the practical application of various physical training concepts and techniques. (Grade or P/NP)

Prerequisites/Corequisites:

Recommended:

Limits on Enrollment: By Tryout

Transfer Credit: CSU;UC.
Repeatability: 4 Enrollments Total

ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

AS Degree:	Area			Effective:	Inactive:
CSU GE:	Transfer Area			Effective:	Inactive:
IGETC:	Transfer Area			Effective:	Inactive:
CSU Transfer:	Transferable	Effective:	Fall 2000	Inactive:	
UC Transfer:	Transferable	Effective:	Fall 2000	Inactive:	

CID:

Certificate/Major Applicable:

Major Applicable Course

COURSE CONTENT

Student Learning Outcomes:

At the conclusion of this course, the student should be able to:

1. Formulate baseball strategies based on individual and team performance and the opponent's offensive and defensive schematics.
2. Utilize various types of physical training methods to enhance performance.

Objectives:

Students will be able to:

1. Analyze and assess individual and team performance.
2. Demonstrate the knowledge of offensive skills and strategies.
3. Demonstrate the knowledge of defensive skills and strategies.
4. Explain and apply the rules of baseball according to the governing rule book.
5. Perform basic baserunning skills.
6. Perform various types of physical training methods to enhance performance.
7. Repeating students must demonstrate an increased depth and breadth of related skills, with new learning objectives.

Topics and Scope:

- I. Individual Fundamental Skills and Conditioning
 - A. Agility
 - B. Coordination
 - C. Reaction
 - D. Muscular strength
 - E. Muscle and cardio vascular endurance
- II. Practical and General Knowledge of the Game and its Rules
 - A. Practice drills
 - B. Game situations
- III. Concepts and Strategies of Opponent
 - A. Offense

B. Defense

C. Team personnel

IV. Team Development and Goals

Repeating students must demonstrate increased depth and breadth of related skills, with new learning objectives.

Assignment:

Students are expected to spend an additional one and one-half hours per week outside of class completing one or more of the following assignments.

1. Writing baseball strategies
2. Creating and analyzing scouting reports
3. Diagramming specific offensive and defensive strategies
4. Video analysis
5. Chart evaluation
6. Logs and critiques of offensive schemes
7. Repeating students demonstrate an increased level of performance
8. Performance Exams utilizing offensive and pitching performance data/statistics
9. Offensive signs oral quiz

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.

Learning and signs offensive, defensive, pitching

Writing
10 - 30%

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

Video analysis of offensive and pitching mechanics

Problem solving
0 - 30%

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

Statistical analysis of offensive and pitching performance

Skill Demonstrations
10 - 30%

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

Performance exams and oral sign quizzes

Exams
10 - 30%

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

Attendance and participation

Other Category
30 - 60%

Representative Textbooks and Materials:

The Mental Game of Baseball. Dorfman, H.A. and Kuehl, Karl. Rowman & Littlefield Publishing Group, Inc. 2016 (classic)

The Mental Keys To Hitting. Dorfman, H. A. Rowman & Littlefield Publishing Group, Inc. 2016 (classic)

The Mental ABC's Of Pitching. Dorfman, H. A. Rowman & Littlefield Publishing Group, Inc. 2016 (classic)

Ninety Percent Mental: An All-Star Player Turned Mental Skills Coach Reveals the Hidden Game of Baseball Paperback. Tweksbury, Bob. Hachette Books. 2020