

**ATHL 11 Course Outline as of Fall 2024****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	3.00	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	3.00	Lab Scheduled	0	13	Lab Scheduled	0
		Contact DHR	6.00		Contact DHR	105.00
		Contact Total	6.00		Contact Total	105.00
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 52.50

Total Student Learning Hours: 157.50

Title 5 Category: AA Degree Applicable

Grading: Grade or P/NP

Repeatability: 34 - 4 Enrollments Total

Also Listed As:

Formerly: PE 50

**Catalog Description:**

Students will practice for and participate in intercollegiate baseball competition, Students will develop offensive, defensive, pitching, and baserunning skills,

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

Description: Students will practice for and participate in intercollegiate baseball competition, Students will develop offensive, defensive, pitching, and baserunning skills, (Grade or P/NP)

Prerequisites/Corequisites:

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:	
<b>UC Transfer:</b>	Transferable	Effective:	Fall 1981	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. Identify and assess offensive, defensive, and pitching strategies of an opponent
2. Formulate appropriate offensive and defensive strategies based on the assessment of the opponent's offensive and defensive schemes
3. Demonstrate knowledge and employment of the rules of baseball

### **Objectives:**

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

1. Demonstrate individual fundamental skills pertaining to baseball
2. Demonstrate and apply practical and general knowledge of the game of baseball and its rules
3. Identify and analyze concepts, strategies, and personnel of opponents through video analysis and simulated game situations
4. Demonstrate the ability to work with a team unit and develop team concepts
5. Utilize mental training techniques, goal setting, and statistical skill training to enhance performance.
6. Repeating students must demonstrate an increased depth and breadth of related skills

### **Topics and Scope:**

- I. Individual Fundamental Skills and Conditioning
  - A. Agility
  - B. Coordination
  - C. Reaction
  - D. Muscular strength
  - E. Muscular and cardiovascular 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
- D. Mental training techniques
- E. Statistical skill training

#### IV. Team Building and Goals

- A. Offense
- B. Defense
- C. Individual goals and responsibilities
- D. Team goals and responsibilities

#### V. Repeating Students must Demonstrate Increased Depth and Breadth of Related Skills

#### Assignment:

1. Video analysis
2. Offensive and defensive signs (ungraded)
3. Opposing team scouting reports (ungraded)
4. Individual statistical performance chart evaluation
5. Development and demonstration of related skills including practice and game performance
5. Establishing individual goal
6. Establishing team goals
7. Motivational mindset techniques that enhance performance (ungraded)
8. Quizzes
9. Fieldwork, such as:
  - A. Practice for intercollegiate competition
  - B. Intercollegiate competition

Repeating students demonstrate an increased level of performance.

#### 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.

Individual goals; team goals

Writing  
5 - 10%

**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.

Fieldwork

Skill Demonstrations  
25 - 60%

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

Quizzes

Exams  
10 - 25%

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

Video analysis; statistical performance chart evaluation; attendance; participation

Other Category  
25 - 60%

**Representative Textbooks and Materials:**

The New Ballgame: The Not So-Hidden Force Shaping Modern Baseball. 1st ed. Russell A. Carleton. Triumph Books. 2023.

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

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

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