

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:

AS Degree:	Area	Effective:	Inactive:
CSU GE:	Transfer Area	Effective:	Inactive:
IGETC:	Transfer Area	Effective:	Inactive:

CSU Transfer:	Transferable	Effective:	Fall 1981	Inactive:
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UC Transfer:	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: