

**ATHL 11 Course Outline as of Fall 2017****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:**

Practice for and participation in intercollegiate competition, emphasizing baseball skills, fundamentals and strategies.

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

Description: Practice for and participation in intercollegiate competition, emphasizing baseball skills, fundamentals and strategies. (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 and defensive 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 a 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 in relation to:
  - a. Agility
  - b. Coordination
  - c. Reaction
  - d. Muscular strength
  - e. Muscle and cardiovascular endurance
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 film analysis and simulated game situations
4. Demonstrate the ability to work with a team unit and develop team concepts
5. 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 building & goals
  - A. Offense
  - B. Defense
  - C. Individual goals & responsibilities
  - D. Team goals & responsibilities
- V. Repeating students must demonstrate increased depth and breadth of related skills, with new learning objectives.

**Assignment:**

Students are expected to spend an additional three hours per week outside of class on one or more of the following activities.

1. Film analysis
2. Note taking
3. Physical training and conditioning
4. Development and demonstration of related skills including practice and game performance
5. Establishing individual goals
6. Establishing team goals
7. Periodic quizzes

Fieldwork may include:

1. Practice for intercollegiate competition
2. 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.

|                                                                                                                                                       |                                  |
|-------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------|
| Note taking, individual and team goals                                                                                                                | Writing<br>5 - 10%               |
| <b>Problem Solving:</b> Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills. |                                  |
| None                                                                                                                                                  | Problem solving<br>0 - 0%        |
| <b>Skill Demonstrations:</b> All skill-based and physical demonstrations used for assessment purposes including skill performance exams.              |                                  |
| Practice and game performance.                                                                                                                        | Skill Demonstrations<br>25 - 60% |

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

Multiple choice, True/false, Matching items, Completion, Short essay

Exams  
10 - 25%

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

Attendance, participation and film analysis

Other Category  
25 - 60%

**Representative Textbooks and Materials:**

Baseball Strategies. Stallings, Jack and Bennett, Bob. Human Kinetics. 2002 (classic)