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Physical Education (PHED) 1735 Offseason Intercollegiate Baseball and Physical Fitness (0.5, 1 or 2 units per semester); (limit 8 units) CSU

Prerequisite: None

Total Hours: 24 lab hours for 0.5 unit; 48 lab hours for 1 unit; 96 lab hours for 2 units

Catalog Description: This is an offseason intercollegiate course that will provide instruction in basic baseball fundamentals. Emphasis will be on game play. This course is designed for those students who desire to compete in intercollegiate athletics and may be limited to those who present the necessary physical and mental fitness. Sufficient skill to reduce the likelihood of injury is also required. The passing of medical and physical examinations and the consent of the coach are necessary before enrollment.

Type of Class/Course: Degree Credit

Text: Hansen, Tom and Ken Ravizza. *Heads-Up Baseball 2.0*. 2nd Ed. Hanson House, 2016.

Additional Instructional Materials: Baseball equipment

Course Objectives:

By the end of the course, a successful student will be able to:

1. Improve skill level in baseball techniques of:
 - a. Throwing
 - b. Catching
 - c. Fielding
 - d. Batting
 - e. Base running
 - f. Pitching
2. Participate in game experience
3. Improve quickness, strength, and overall conditioning.

Course Scope and Content (laboratory):

- | | |
|--------|------------------------|
| Unit I | Offseason Conditioning |
| | A. Quickness |
| | B. Strength |
| | C. Cardiovascular |
| | D. Stamina |

- Unit II Fundamental Offseason Skills
 - A. Hitting
 - B. Pitching
 - C. Fielding
 - D. Throwing
 - E. Base running
 - F. Bunting

- Unit III Basic Rules of the Game
 - A. Offense Rules
 - B. Defense Rules
 - C. Sportsmanship and ethics

- Unit IV Basic Team Strategy
 - A. Offensive Signs
 - B. Defensive Signs
 - C. Scouting

Learning Activities Required Outside of Class:

The students in this class will spend a minimum of 1 hour per week outside of the regular class time doing the following:

1. Working on individual skills
2. Keeping a notebook using class materials
3. Evaluating Multimedia presentations
4. Readings from the textbook

Methods of Instruction:

1. Practice of:
 - a. Individual skills
 - b. Game
2. Demonstration
3. Oral Instruction
4. Multimedia

Methods of Evaluation:

1. Skill demonstrations, including:
 - a. Class performance
 - b. Intra-squad games
2. Notebook