

Reviewed by: K. Bandy
Reviewed by: V. Maiocco
Reviewed by: G. Golling
Date reviewed: April 10, 2013

Physical Education (PHED) 1514 Intercollegiate Baseball (2 Units; limit 4 Units) CSU:UC
[formerly Physical Education 14A]

Advisory: Experience playing competitive baseball is desirable

Total Hours: 160 lab hours

Catalog Description: This course is designed for those students who possess the desire, ability and skills necessary 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 consent of the coach is necessary before enrollment. Prior to participation a student must get medical clearance through a physical examination and must meet eligibility requirements. Attendance at all scheduled practices and games are considered part of the course requirement unless the coach excuses the student.

Type of Class/Course: Degree Credit

Text:

Hansen, Tom and Ken Ravizza. *Heads-Up Baseball: Playing the Game One Pitch At A Time*.
New York: McGraw-Hill Publishing, 1996. Print.

Additional Instructional Materials: None

Course Objectives:

1. to prepare the student for intercollegiate competition,
2. to provide the student with fundamental instruction in needed baseball skills,
3. to build a high level of fitness and conditioning, and
4. to acquaint the student with techniques and strategies used in playing successful competitive baseball.

Course Scope and Content:

Unit I Conditioning (Training will continue throughout the semester.)

- A. Running and agility drills
- B. Weight lifting
- C. Flexibility training

Unit II Basic Fundamental Skills

- A. Hitting
- B. Pitching
- C. Fielding
- D. Throwing
- E. Base running

- F. Bunting
- G. Position by position techniques

Unit III Explanation of Rules

Unit IV Team Baseball

- A. Defensive Strategies
- B. Offensive Strategies

Learning Activities Required Outside of Class:

The students in this class will spend a minimum of 2 hours per week outside of the regular class time doing the following:

1. Skill practice
2. Working on individual skills,
3. Keeping a notebook using class materials,
4. Studying multimedia presentations, and
5. Reading of the textbook.

Methods of Instruction:

1. Practice and repetition of skills and strategies
2. Demonstrations
3. Practice intrasquad scrimmages
4. Practice games
6. Oral instruction
7. Multimedia
8. Participation in intercollegiate games

Methods of Evaluation:

1. Skill demonstrations, including:
 - a. class performance
2. Intercollegiate games