

Lassen Community College Course Outline

PEAC-7 Varsity Baseball

3.0 Units

I. Catalog Description

Intercollegiate Varsity Baseball team practice and competition. Since skills/proficiencies are enhanced by supervised repetition and practice, this course is repeatable to a maximum of three enrollments but can only be taken once per year. This course is approved for hybrid delivery for emergency use only.

Transfers to both UC/CSU
General Education Area: E2
170 Hours Lab
Scheduled:

II. Coding Information

Repeatability: Maximum three enrollments
Grading Option: Graded or Pass/No Pass
Credit Type: Credit - Degree Applicable
TOP Code: 083550

III. Course Objectives

A. Course Student Learning Outcomes

Upon completion of this course the student will be able to:
Perform baseball skills in game play at a level appropriate for continued participation in intercollegiate baseball at a two-year or four-year institution.

B. Course Objectives

Upon completion of each enrollment of this course the student will be able to progressively show increased abilities (beginning, intermediate, advanced levels) to:

1. Demonstrate physical conditioning appropriate to the sport.
2. Perform individual skills of catching, hitting, base running and throwing.
3. Demonstrate knowledge of offensive/defensive team play.
4. Apply correct strategy and technique to complex competitive situations.
5. Apply the rules of baseball in typical situations.

IV. Course Content

Student proficiency is increased with each enrollment

A. Conditioning

1. Warm-Ups
2. Running
3. Drill Exercises
4. Game Condition
5. Isolating Key Muscle Groups
6. Handling Injuries

B. 2. Individual Skills

1. Glove Work
2. Throwing
3. Base running
4. Hitting

C. Game Rules

1. Rule Book Interpretations
 2. Positional Duties
- D. Offensive Strategies**
- E. Defensive Strategies**
- F. Special Skills/Situations**
- G. Game Play**
Scrimmages and intercollegiate games.

V. Assignments

A. Appropriate Reading

"Baseball America/Collegiate Baseball"

"The Art of Hitting .300/Pitching with Bob Shaw"

B. Writing Assignments

None

C. Expected Outside Assignments

Assignments may include any, some, or all of the following:

Reading, writing, critiquing, summarizing, analysis and/or evaluate.

D. Specific Assignments that Demonstrate Critical Thinking

The student will demonstrate critical thinking skills during scrimmages and intercollegiate games.

VI. Methods of Evaluation

Traditional Evaluation

Example #1: To demonstrate performance of baseball skill, the instructor will observe and evaluate student performances during scrimmage/game situations. Competency is demonstrated by the student's ability to stay up with and control the flow of the action in all game situations.

Example #2: To demonstrate analysis and response to complex situations, the instructor will observe and evaluate each student's judgement and performance in scrimmage/game situations. The student's ability to make correct strategy decisions will be how competency is based.

Hybrid Evaluation (For Emergency Use Only)

Between the two delivery methods, students will be expected to participate in personal and team skill development at least as much as would be expected in traditional face-to-face delivery. Students will be evaluated based on development of and performance of skills during practices and competitions. In the online environment, students will provide a video or demonstrate skills live online to regularly receive feedback and be evaluated. If assignments are given online, students will be expected to complete assignments and activities equivalent to in class assignments and activities for the online portion of the course. Electronic communication, both synchronous and asynchronous (chat/forum/email) will be utilized for participation and to maintain effective communication between instructor and students.

VII. Methods of Delivery

Check those delivery methods for which, this course has been separately approved by the Curriculum/Academic Standards Committee.

Traditional Classroom Delivery Correspondence Delivery

Hybrid Delivery Online Delivery

Traditional Delivery

1. The instructor will demonstrate methods of physical conditioning appropriate to the sport. Students will perform drills, individually and in groups, for each conditioning component, under the supervision and feedback of the instructor. Students will also be shown how to monitor their own conditioning and the need to complete each component.
2. For individual skills, instructor will demonstrate the proper technique, and supervise the students in gaining mastery of the skill through feedback and repetition.
3. For strategies skills diagrams, tapes, drills, and hands on instruction will be given in order to properly illustrate the skill. Simulation of games situations and how the student performs in those situations will be the best monitor on the development of each student. Feedback will be given both on the group and individual levels.
4. For the rules of the game the instructor will demonstrate situations appropriate to the application of each rule, follow that up with repetition of drills, scrimmage, and game situations.

Hybrid Delivery (For Emergency Use Only)

Between the two delivery methods, students will be expected to participate in personal and team skill development at least as much as would be expected in traditional face-to-face delivery. A combination of traditional classroom and online instruction will be utilized. Each semester a minimum of 57 hours will be taught face-to face by the instructor and the remaining hours will be instructed online through the technology platform adopted by the District. Traditional class instruction will consist of instruction, demonstration, exercises/assignments, and practice drills. Online delivery will consist of information, exercises/assignments, and discussions, with additional extra resources and other media, including video clips for performance of skills, as appropriate

VIII. Representative Texts and Supplies

Activity class – no texts required

IX. Discipline/s Assignment

Coaching, Physical Education

X. Course Status

Current Status: Active

Original Approval Date: 5/3/1990

Revised By:

Curriculum/Academic Standards Committee Revision Date: 01/19/2021

Revised for IPR, no change: 03/15/2022