

Lassen Community College Course Outline

PEAC-7D Off-Season Skills and Conditioning for Baseball

3.0 Units

I. Catalog Description

Off-season skill development and strategy tactics combined with fitness conditioning to prepare interested participants for intercollegiate varsity baseball 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 online and hybrid delivery for emergency use only.

175 Hours Lab

Scheduled: Fall only

II. Coding Information

Repeatability: Maximum of three enrollments.

*Additional enrollments will utilize same outcomes, objectives, content, instruction and evaluation, but a higher expectation for performance and achievement will be expected with each subsequent enrollment.

Transfers to CSU

AA GE Area E

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:

1. Comprehend, analyze and execute fundamental baseball skills and strategies.
2. Apply the appropriate skills and strategies to a variety of baseball game situations.
3. Demonstrate increased muscular strength, muscular endurance, and cardiovascular endurance specific to the sport of baseball.

B. Course Objectives

Upon completion of this course the student will be able to:

1. Demonstrate physical conditioning appropriate to baseball.
2. Demonstrate individual skills of throwing, catching, hitting, base running, and fielding.
3. Demonstrate knowledge of offensive and defensive team play.
4. Demonstrate knowledge of strategic situations including first and third situations, bunt situations, and pick-offs.
5. Demonstrate and apply the rules of baseball in typical situations.
6. Demonstrate in simple situations the application of correct strategy and technique.

IV. Course Content

A. Development of Fitness and Conditioning

1. Warm-ups
2. Stretching/Flexibility
3. Running Speed and Endurance
4. Agility Exercises

5. Game Conditioning
 6. Isolating Key Muscle Groups
 7. Handling Injuries
 8. Exercises for muscular strength in baseball
 9. Exercises for muscular endurance in baseball
 10. Exercises for cardiovascular fitness in baseball
- B. Individual sport-specific skills**
1. Offensive skills
 2. Defensive skills
 3. Team communication
- C. Rules of the Game**
1. Offensive Terms and Rules
 2. Defensive Terms and Rules
 3. Positional Responsibilities
- D. Baseball Strategies**
1. Offensive Strategies
 2. Defensive Strategies
 3. Special Skills and Situations
- E. Game Play**
- Scrimmages and out-of-season competitions

V. Assignments

A. Appropriate Readings

None

B. Writing Assignments

Students may write self-evaluations, team evaluations, and letters to contact coaches at universities of interest..

C. Expected Outside Assignments

None

D. Specific Assignments that Demonstrate Critical Thinking

1. The student will analyze game-like situations and demonstrate the appropriate skills and strategies necessary for preparation for intercollegiate baseball competition.
2. The student will analyze those behaviors which demonstrate leadership, team play and sportsmanship and will apply their knowledge during competitive events.

VI. Methods of Evaluation

Traditional Evaluation

Example #1: To demonstrate baseball skills, the instructor will observe and evaluate student performance in drills and simulated situations reflecting most aspects of baseball. Competency is demonstrated through each student's ability to perform the skills necessary in a majority of simulated and situations.

Example #2: To demonstrate analysis and response to basic game situations, the instructor will observe and evaluate each student's decision-making ability in simulated drills and situations. Student competency is demonstrated through the ability to make correct strategy decisions and apply the appropriate technique in a majority of common situations.

Example #3: To demonstrate improvement of fitness-related conditioning, students will complete selected fitness or conditioning assessments at the beginning and end of the course.

Online Evaluation (For Emergency Use Only)

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. Student performance in drills and simulated situations will be evaluated using synchronous and asynchronous video. Students will be expected to complete online assignments and activities equivalent to class assignments and activities in traditional delivery. Electronic communication, both synchronous and asynchronous (chat/forum/email) will be utilized for participation and to maintain effective communication between instructor and students.

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.

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. Instructor will demonstrate methods of physical conditioning appropriate to baseball. Students will perform drills, individually and in groups, for each conditioning component, under the supervision and feedback of the instructor. Students will be shown how to monitor and evaluate their own physical condition and will learn the appropriateness and importance of each conditioning component.
2. For individual skills, the instructor will demonstrate the proper technique and then execute drills accompanying feedback to provide repetition as students gain mastery of the skill.
3. For strategy skills, the instructor will use diagrams, video tapes or walk-throughs to introduce a strategy and then conduct group drills to simulate and practice the skill strategy. Utilizing scrimmage and game situations, the instructor will evaluate each student's selection and execution of the appropriate strategy responses. Group and individual feedback will be used throughout drill, simulation, scrimmage, and game

situations.

4. For rules of the game, the instructor will demonstrate situations appropriate to the application of each rule, design and conduct drills to reinforce the rules, and provide feedback to students during drills, scrimmage and game situations.

Online Delivery (For Emergency Use Only)

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. Instructor will utilize synchronous and asynchronous video to demonstrate proper skill technique, appropriate conditioning methods, and drills and activities. Sport-specific skill, strategy, and conditioning information will be delivered utilizing online lectures, handouts, video, or other media. Feedback on student performance will be regularly provided.

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 59 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

VII. Representative Texts and Supplies

None required – activity class

VIII. Discipline/s Assignment

Coaching, Physical Education

IX. Course Status

Current Status: Active

Original Approval Date: 05/21/2013

Board Approval Date: 06/11/2013

Chancellors' Approval Date: 06/19/2013

Revised By: Carrie Nyman

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

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