



COURSE OUTLINE : ATHPE 150

D Credit – Degree Applicable

COURSE ID 003035

Cyclical Review: August 2020

COURSE DISCIPLINE : ATHPE
COURSE NUMBER : 150
COURSE TITLE (FULL) : Baseball Conditioning
COURSE TITLE (SHORT) : Baseball Conditioning

CATALOG DESCRIPTION

ATHPE 150 is designed for the student-athlete and is intended to provide focused strength and conditioning exercises with an emphasis on safety, injury prevention, rules, and game plays for baseball.

CATALOG NOTES

Note: This class is designed for the intercollegiate baseball team. Note: A combination of ATHPE 150 and/or ATHPE 102 can be taken for up to 4 times for credit.

Total Lecture Units:0.00

Total Laboratory Units: 1.50

Total Course Units: 1.50

Total Lecture Hours:0.00

Total Laboratory Hours: 81.00

Total Laboratory Hours To Be Arranged:0.00

Total Contact Hours: 81.00

Total Out-of-Class Hours: 0.00

Prerequisite: None.



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ENTRY STANDARDS

	Subject	Number	Title	Description	Include
1				Explain intermediate knowledge of baseball biomechanics such as throwing, fielding, batting and/or pitching;	Yes
2				demonstrate intermediate techniques of baseball biomechanics such as throwing, fielding, batting and/or pitching;	Yes
3				engage in cardiovascular and mental training at moderate to vigorous levels;	Yes
4				integrate intermediate baseball knowledge to strength training movements;	Yes
5				apply strength training exercises to baseball-specific movements;	Yes
6				throw a baseball at least 65 miles per hour.	Yes

EXIT STANDARDS

- 1 Perform an advanced level of physical skills relative to participation in intercollegiate competition;
- 2 demonstrate baseball-specific movements at moderate to advanced levels;
- 3 demonstrate baseball-specific strength and conditioning techniques;
- 4 increase physical fitness, strength and baseball-specific techniques;
- 5 execute offensive and defensive strategies used at the collegiate competitive level.

STUDENT LEARNING OUTCOMES

- 1 demonstrate and apply safety rules and procedures to effectively participate in a physical movement;
- 2 develop and apply a strength training program as it applies to intercollegiate baseball;
- 3 develop and apply a cardiovascular training program as it applies to intercollegiate baseball.

COURSE CONTENT WITH INSTRUCTIONAL HOURS

	Description	Lecture	Lab	Total Hours
1	Strength Training for Baseball <ul style="list-style-type: none"> • Core • Upper body • Lower body • Shoulder stabilization • Arm care 	0	28	28



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2	Plyometric Training for Baseball <ul style="list-style-type: none"> • Bounding and leading drills • Battling ropes • Sparg ladder • Agility drills 	0	12	12
3	Situational Training in Baseball <ul style="list-style-type: none"> • Defensive strategies • Team work between defensive positions • Offensive strategies • Advancing and scoring plays 	0	12	12
4	Cardiovascular Training in Baseball <ul style="list-style-type: none"> • Sprinting endurance • Long distance running endurance • Dynamic explosive movements 	0	24	24
5	Application of Rules in Baseball <ul style="list-style-type: none"> • Defensive rule interpretation and strategies • Offensive rule interpretation and strategies 	0	5	5
				81

OUT OF CLASS ASSIGNMENTS

- 1 fitness analysis (e.g. body weight, body composition, recognized perceived exertion)
- 2 field activities (e.g. physical exercise to enhance in-class activity)

METHODS OF EVALUATION

- 1 demonstration
- 2 group participation
- 3 one repetition strength tests (e.g. one repetition of maximum weight for squats)
- 4 timed sprints and long distance runs
- 5 multiple repetition strength tests (e.g. timed push-ups)
- 6 static strength tests



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METHODS OF INSTRUCTION

- Lecture
- Laboratory
- Studio
- Discussion
- Multimedia
- Tutorial
- Independent Study
- Collaboratory Learning
- Demonstration
- Field Activities (Trips)
- Guest Speakers
- Presentations

TEXTBOOKS

Title	Type	Publisher	Edition	Medium	Author	ISBN	Date
Baseball 2019-2020 Rules		NCAA			National Collegiate Athletic Association		2020