

KIN144 : Baseball Theory

General Information

Author:	<ul style="list-style-type: none">Erin Calderone
Course Code (CB01) :	KIN144
Course Title (CB02) :	Baseball Theory
Department:	KIN
Proposal Start:	Spring 2025
TOP Code (CB03) :	(1270.00) Kinesiology
CIP Code:	(31.0505) Exercise Science and Kinesiology.
SAM Code (CB09) :	Non-Occupational
Distance Education Approved:	No
Will this course be taught asynchronously?:	No
Course Control Number (CB00) :	CCC000555826
Curriculum Committee Approval Date:	05/22/2024
Board of Trustees Approval Date:	07/16/2024
Last Cyclical Review Date:	05/22/2024
Course Description and Course Note:	KIN 144 covers the basic theoretical foundations of the sport of baseball, including offensive and defensive strategies. Team dynamics and competitive philosophy will also be introduced. Along with KIN 146, this course prepares students for entry-level careers in baseball coaching, operations, scouting, and/or player development. Note: KIN 144 is recommended for Kinesiology majors and students planning to participate in varsity baseball for a second year.
Justification:	Mandatory Revision
Academic Career:	Credit
Mode of Delivery:	No value
Author:	No value
Course Family:	No value

Academic Senate Discipline

Primary Discipline:	<ul style="list-style-type: none">Kinesiology
Alternate Discipline:	<ul style="list-style-type: none">Coaching
Alternate Discipline:	No value

Course Development

Basic Skill Status (CB08)

Course is not a basic skills course.

Allow Students to Gain Credit by Exam/Challenge

Course Special Class Status (CB13)

Course is not a special class.

Pre-Collegiate Level (CB21)

Not applicable.

Grading Basis

- Grade with Pass / No-Pass Option

Course Support Course Status (CB26)

Course is not a support course

General Education and C-ID

General Education Status (CB25)

Not Applicable

Transferability

Transferable to both UC and CSU

Transferability Status

Approved

CSU GE-Breadth Area

E-Lifelong Learning and Self-Development

Area

Lifelong Learning and Self-Development

Status

Approved

Approval Date

No value

Comparable Course

No Comparable Course defined.

Units and Hours

Summary

Minimum Credit Units (CB07)

2

Maximum Credit Units (CB06)

2

Total Course In-Class (Contact) Hours

36

Total Course Out-of-Class Hours

72

Total Student Learning Hours

108

Credit / Non-Credit Options

Course Type (CB04)

Credit - Degree Applicable

Noncredit Course Category (CB22)

Credit Course.

Noncredit Special Characteristics

No Value

Course Classification Code (CB11)

Credit Course.

Variable Credit Course

Funding Agency Category (CB23)

Not Applicable.

Cooperative Work Experience

Education Status (CB10)

Weekly Student Hours

In Class

Course Student Hours

Out of Class

Course Duration (Weeks)

18

Lecture Hours	2	4
Laboratory Hours	0	0
Studio Hours	0	0

Hours per unit divisor	54
Course In-Class (Contact) Hours	
Lecture	36
Laboratory	0
Studio	0
Total	36

Course Out-of-Class Hours	
Lecture	72
Laboratory	0
Studio	0
Total	72

Time Commitment Notes for Students

No value

Units and Hours - Weekly Specialty Hours

Activity Name	Type	In Class	Out of Class
No Value	No Value	No Value	No Value

Pre-requisites, Co-requisites, Anti-requisites and Advisories

No Value

Entry Standards

Entry Standards

Use basic baseball terminology.

Follow verbal instructions and apply them to practice organization.

Describe fundamental baseball movement skills.

Course Limitations

Cross Listed or Equivalent Course

Specifications

Methods of Instruction

Methods of Instruction Lecture

Methods of Instruction Multimedia

Methods of Instruction Guest Speakers

Methods of Instruction Collaborative Learning

Methods of Instruction Demonstrations

Methods of Instruction Discussion

Methods of Instruction Presentations

Out of Class Assignments

- Written assignments (e.g. practice reflection)
- Individual goal setting (e.g. worksheet practice goals)

Methods of Evaluation

Rationale

Exam/Quiz/Test Midterm exam

Exam/Quiz/Test Final exam

Textbook Rationale

The textbooks included here are seminal texts on both pitching and hitting, for which there is no more recent edition. In addition to these texts, the instructor will use open source websites such as FanGraphs and MLB.com.

Textbooks

Author	Title	Publisher	Date	ISBN
Derek Johnson	The complete guide to pitching	Human Kinetics, Champaign, IL	2013	9780736079013

Other Instructional Materials (i.e. OER, handouts)

Description	Heads Up Baseball and The Science of Hitting
Author	Ted Williams and John Underwood
Citation	1970
Online Resource(s)	

Materials Fee

No value

Learning Outcomes and Objectives

Course Objectives

Recite the rules and regulations of baseball.

Demonstrate knowledge of the basic mental aspects associated with baseball competition.

Recognize defensive strategies and fundamentals of the game as they apply to the various positions on the field.

Recognize offensive strategies and fundamentals as they apply to batting and base running.

Recall and apply various practice schemes and drills.

Analyze concepts of team dynamics and game philosophy.

SLOs

Demonstrate and apply safety rules and procedures to effectively participate in a physical movement environment.

Expected Outcome Performance: 70.0

ILOs
Core ILOs

Analyze and solve problems using critical, logical, and creative thinking; ask questions, pursue a line of inquiry, and derive conclusions; cultivate creativity that leads to innovative ideas.

Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or methodologies to solve unique problems.

KIN
Fitness Specialist - A.S.
Degree Major

utilize universal risk management strategies

Execute and apply offensive and defensive baseball strategies.

Expected Outcome Performance: 70.0

Apply decorum and conduct rules for collegiate competition.

Expected Outcome Performance: 70.0

Additional SLO Information

Does this proposal include revisions that might improve student attainment of course learning outcomes?

No

Is this proposal submitted in response to learning outcomes assessment data?

No

If yes was selected in either of the above questions for learning outcomes, explain and attach evidence of discussions about learning outcomes.

No Value

SLO Evidence

No Value

Course Content

Lecture Content

Team Concepts for Baseball (4 hours)

- Rules and regulations
- Team philosophy
- Academic standards
- Mental preparation
- Safety

Motor Skill Development for Baseball (3 hours)

- Vision dynamics
- Eye/hand coordination

Defensive Philosophy for Baseball (10 hours)

- Infield
- Outfield
- Pitching
- Catching

Offensive Philosophy for Baseball (10 hours)

- Bunting
- Hitting
- Base running

Conditioning for Baseball (3 hours)

- Speed improvement
- Weight training
- Stretching
- Nutritional conditioning

Basic Game Strategies for Baseball (4 hours)

- Charts
- Keeping score
- Statistics
- Scouting
- Picking signs
- Video breakdown

Understanding Team Dynamics for Baseball (2 hour)

- Introduction to goal setting
- Roles and responsibilities of team members

Total hours: 36

Additional Information

Is this course proposed for GCC Major or General Education Graduation requirement? If yes, indicate which requirement in the two areas provided below.

No

GCC Major Requirements

No Value

GCC General Education Graduation Requirements

No Value

Repeatability

Not Repeatable

Justification (if repeatable was chosen above)

No Value

Resources

Did you contact your departmental library liaison?

Yes

If yes, who is your departmental library liaison?

Becka Cooling (Kinesiology, Social Sciences)

Did you contact the DEIA liaison?

No

Were there any DEIA changes made to this outline?

No

If yes, in what areas were these changes made:

No Value

Will any additional resources be needed for this course? (Click all that apply)

- No

If additional resources are needed, add a brief description and cost in the box provided.

No Value