



COURSE OUTLINE : ATHPE 104
D Credit – Degree Applicable
COURSE ID 003037
Cyclical Review: August 2020

COURSE DISCIPLINE : ATHPE
COURSE NUMBER : 104
COURSE TITLE (FULL) : Off-Season Training for Baseball
COURSE TITLE (SHORT) : Off-Seas Trng for Baseball

CATALOG DESCRIPTION

ATHPE 104 provides instruction and practice for intercollegiate baseball, focusing on fundamental techniques of competitive baseball. This course is designed to provide further advancement in fundamental skill, team strategies, effective communication, and conditioning for intercollegiate competition.

CATALOG NOTES

Note: ATHPE 104 is off-season training for students who are interested in competing on the intercollegiate baseball team. Note: May be taken 4 times for credit.

Total Lecture Units: 0.50-1.50

Total Laboratory Units: 0.50-1.00

Total Course Units: 1.00-2.50

Total Lecture Hours: 9.00-27.00

Total Laboratory Hours: 27.00-54.00

Total Laboratory Hours To Be Arranged: 0.00

Total Out-of-Class Hours: 18.00-54.00

Total Contact Hours: 36.00-81.00

Prerequisite: None.



ENTRY STANDARDS

	Subject	Number	Title	Description	Include
1				Perform throwing, catching and/or hitting skills appropriate for intercollegiate baseball;	Yes
2				define National Collegiate Athletic Association (NCAA) baseball rules;	Yes
3				participate in rigorous physical activity;	Yes
4				participate and interact in a team environment;	Yes
5				display positive personal behaviors to enhance team dynamics.	Yes

EXIT STANDARDS

- 1 Identify and analyze concepts of individual strategies;
- 2 identify and analyze concepts of team strategies;
- 3 utilize and apply film analysis and simulated game situations for competition;
- 4 show advanced collegiate level skills;
- 5 review and practice offensive schemes;
- 6 review and practice defensive schemes;
- 7 breakdown and apply practical and general knowledge of the game of baseball;
- 8 model and apply practical and general knowledge of rules and decorum policies;
- 9 integrate conditioning and weight training into daily practices;
- 10 recognize the role of nutrition in athletic performance;
- 11 demonstrate the ability to work with a team as a unit and develop team concepts.

STUDENT LEARNING OUTCOMES

- 1 demonstrate and apply safety rules and procedures to effectively participate in a physical movement environment;
- 2 implement and apply technical and tactical skills necessary for collegiate competition;
- 3 integrate and execute advanced cooperative skills needed to perform at a high level of play.

COURSE CONTENT WITH INSTRUCTIONAL HOURS

	Description	Lecture	Lab	Total Hours
1	Team Philosophies and Rules <ul style="list-style-type: none"> • Sportsmanship • Team rules • Individual/team goal setting • NCAA rules and regulations • CCCAA Decorum Policies 	8	0	8



COURSE OUTLINE : ATHPE 104

D Credit – Degree Applicable

COURSE ID 003037

Cyclical Review: August 2020

2	Safety for Baseball • Protective athletic equipment • Shagging balls • Batting cage • Defensive stations • Throwing stations • Proper warm-up • Arm care	10	0	10
3	Fundamental Conditioning Skills for Baseball • Agility • Coordination • Muscular strength • Muscular and cardiovascular endurance • Plyometrics • Hand eye coordination	0	15	15



COURSE OUTLINE : ATHPE 104

D Credit – Degree Applicable

COURSE ID 003037

Cyclical Review: August 2020

4	<p>Advanced Fundamental Skills in Baseball</p> <ul style="list-style-type: none"> • Throwing • Take away • Glove position • Core movement • Pronation • Extension • Finish • Catching • Receiving • Glove to hand transfer • Footwork • Fielding • Preparation steps • Short hop • Long hop • Fly ball • Line drive • In between hop • Batting • Stance • Load • Swing • Sacrifice bunting • Base running • First base • Second base • Third base • Reactions to batted balls • Pitching • Four seam • Two seam • Changeup • Curveball • Slider • Signs from catcher • Fielding position 	0	21	21
5	<p>Advanced Game Strategy</p> <ul style="list-style-type: none"> • Selection of starting lineup • Pitch selection • Defensive positioning • Offensive pitch selection • Base stealing cues • Charting opposing team 	0	18	18



COURSE OUTLINE : ATHPE 104

D Credit – Degree Applicable

COURSE ID 003037

Cyclical Review: August 2020

6	Understanding Team Dynamics • Creating a positive environment • Controlling emotions • Effective communication	8	0	8
7	Definitions of Diversity, Inclusion, inequality and discrimination in Sports Competition • Gender • Race/ethnicity • Sexuality • Religion	1	0	1
				81

OUT OF CLASS ASSIGNMENTS

- 1 evaluation of skills during simulated games and practices;
- 2 setting individual standards;
- 3 evaluation of video;
- 4 statistical scouting.

METHODS OF EVALUATION

- 1 skill exams;
- 2 demonstration evaluations;
- 3 elimination contests (e.g. simulated mini baseball games);
- 4 written exams.

METHODS OF INSTRUCTION

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



COURSE OUTLINE : ATHPE 104

D Credit – Degree Applicable

COURSE ID 003037

Cyclical Review: August 2020

Presentations

TEXTBOOKS

Title	Type	Publisher	Edition	Medium	Author	ISBN	Date
Baseball 2019-2020 Rule and Interpretations		Indianapolis: National Collegiate Athletic Association. 2020. Digital file.			National Collegiate Athletic Association.		2020