



KINE 287 - Baseball Team Course Outline

Approval Date: 02/13/2020

Effective Date: 08/14/2020

SECTION A

Unique ID Number CCC000616746

Discipline(s) Coaching
Health
Physical Education

Division Kinesiology & Athletics

Subject Area KINESIOLOGY

Subject Code KINE

Course Number 287

Course Title Baseball Team

TOP Code/SAM Code 1270.00 - Kinesiology / E - Non-Occupational

Rationale for adding this course to the curriculum Changing subject code to KINE.

Units 3

Cross List N/A

Typical Course Weeks 18

Total Instructional Hours

Contact Hours

Lecture 0.00

Lab 175.00

Activity 0.00

Work Experience 0.00

Outside of Class Hours 0.00

Total Contact Hours 175

Total Student Hours 175

Open Entry/Open Exit No

Maximum Enrollment 40

Grading Option Letter Grade Only

Distance Education Mode of Instruction On-Campus

SECTION B

General Education Information:

SECTION C

Course Description

Repeatability May be repeated 3 times

Catalog Description This is a course designed for the competitive baseball player who will represent Napa Valley College in intercollegiate baseball games. Repeatable for credit three times.

Schedule Description

SECTION D

Condition on Enrollment

1a. Prerequisite(s): *None*

1b. Corequisite(s): *None*

1c. Recommended: *None*

1d. Limitation on Enrollment: *None*

SECTION E

Course Outline Information

1. Student Learning Outcomes:

A. Students will demonstrate the knowledge, skills and strategies required to participate in intercollegiate baseball.

2. Course Objectives: Upon completion of this course, the student will be able to:

- A. understand and demonstrate various offensive and defensive strategies
- B. execute physical basics
- C. understand and employ mechanics of hitting, throwing, catching and running
- D. demonstrate good sportsmanship
- E. understand rules and regulations governing eligibility and competition
- F. demonstrate ability to critically analyze individual and team performance
- G. evaluate positional play
- H. set up a fitness and conditioning plan for pre-season and season
- I. demonstrate team leadership and responsibility to the team
- J.

3. Course Content

- 1. Conditioning principles: running, sprinting, weight training
- 2. Injury prevention: warm up, cool down, proper stretching, weight training to prevent injury, injury treatment
- 3. Offensive/defensive strategies: short game, situational play
- 4. Fielding mechanics and drills:positional play
- 5. Hitting mechanics and drills:bunts, sac fly, long ball
- 6. Catching mechanics and drills
- 7. Throwing mechanics and drills:strength development, foot work, long toss, short toss
- 8. Running mechanics and drills
- 9. Situation play
- 10.Positional play
- 11.Rules and regulations

12. Sportsmanship, team leadership and team responsibility
13. Eligibility: rules and regulations, academic requirements, player code of conduct

4. Methods of Instruction:

Lab:

Other: Lecture and discussion about the fundamentals of baseball. Activity: team, group, and individual drills consisting of pitching, hitting, throwing, base running and catching.

5. Methods of Evaluation: Describe the general types of evaluations for this course and provide at least two, specific examples.

Typical classroom assessment techniques

Class Work -- completion of a fitness and conditioning program, demonstrating the skills necessary to compete at the collegiate level.

Lab Activities -- Participation in intercollegiate competition.

Letter Grade Only

6. Assignments: State the general types of assignments for this course under the following categories and provide at least two specific examples for each section.

A. Reading Assignments

1) Read and understand the rules and regulations to play intercollegiate sports.

2) Read how to improve your game from the Baseball For Dummies book.

B. Writing Assignments

1) Player evaluation of game and practice situations.

2) Using the Baseball For Dummies book, players will analyze their weakness and will develop a remedy.

C. Other Assignments

Students will be required to participate in conference and non-conference competitions.

Competition will take place on the weekends and evenings outside of scheduled class time.

7. Required Materials

A. EXAMPLES of typical college-level textbooks (for degree-applicable courses) or other print materials.

Book #1:

Author: Morgan, J., Lally, Richard

Title: Baseball for Dummies

Publisher: For Dummies

Date of Publication: 2014

Edition: 4th

B. Other required materials/supplies.

- California Community College Athletics Administration manual
- The primary resource material for students are handouts prepared by the coach