1. **COURSE ID:** P.E. 101  
   **TITLE:** Theory of Baseball  
   **Units:** 3.0 units  
   **Hours/Semester:** 48.0-54.0 Lecture hours  
   **Method of Grading:** Grade Option (Letter Grade or P/NP)

2. **COURSE DESIGNATION:**  
   Degree Credit  
   **Transfer credit:** CSU; UC

3. **COURSE DESCRIPTIONS:**  
   **Catalog Description:**  
   Concepts of modern baseball are explored including: strategy, coaching techniques, history, game rules and umpiring; developmental drills, theory of strength and conditioning programs and fundamentals of coaching youth baseball. This is NOT an activity class.

4. **STUDENT LEARNING OUTCOME(S) (SLO'S):**  
   Upon successful completion of this course, a student will meet the following outcomes:  
   1. explain in writing the forces which cause a ball to break  
   2. explain and demonstrate the principles fielding and catching  
   3. describe the main responsibilities of each position in different game situations  
   4. outline the history of baseball to include the major phases in the development of the game up to the modern era  
   5. explain the rules and be able to umpire baseball  
   6. diagram a year of baseball activity including pre-season conditioning and player development, in-season practice, game preparation, facility preparation, pitching staff training, position player development, post-season activity  
   7. diagram solutions to situations real and hypothetical  
   8. enunciate a philosophy on team development and the role of sport in one's life  
   9. explain in writing and by demonstration the principles of batting

5. **SPECIFIC INSTRUCTIONAL OBJECTIVES:**  
   Upon successful completion of this course, a student will be able to:  
   1. outline the history of baseball to include the major phases in the development of the game up to the modern era  
   2. describe the main responsibilities of each position in different game situations  
   3. explain and demonstrate the principles fielding and catching  
   4. explain in writing the forces which cause a ball to break  
   5. explain in writing and by demonstration the principles of batting  
   6. diagram a year of baseball activity including pre-season conditioning and player development, in-season practice, game preparation, facility preparation, pitching staff training, position player development, post-season activity  
   7. diagram solutions to situations real and hypothetical  
   8. enunciate a philosophy on team development and the role of sport in one's life  
   9. explain the rules and be able to umpire baseball

6. **COURSE CONTENT:**  
   **Lecture Content:**  
   1. Offensive baseball strategies  
      A. Short game (bunt, hit and run, base stealing)  
      B. Baserunning  
   2. Defensive baseball strategies  
      A. Handling the baseball inside the diamond (short game)  
      B. 1st and 3rd situations  
      C. Cuts and relays (alignment when the ball is put in play)  
   3. History of the game of baseball  
   4. Rules of the game  
      A. Existing rules as well as rules updated each year
7. REPRESENTATIVE METHODS OF INSTRUCTION:
   Typical methods of instruction may include:
   A. Other (Specify): Students will be given instruction in a classroom setting. Students will be taken to the baseball field where they will walk through what was discussed. Students will then be drilled at game speed about the material presented. Guest speakers who are experts in their field will speak to the class. Students will have to use their judgement in game situations.

8. REPRESENTATIVE ASSIGNMENTS
   Representative assignments in this course may include, but are not limited to the following:

9. REPRESENTATIVE METHODS OF EVALUATION
   Representative methods of evaluation may include:
   A. Exams/Tests
   B. Quizzes
   C. The student will be evaluated on the basis of responses to discussion topics, written assignments, class presentations and group work, written quizzes and exams.

10. REPRESENTATIVE TEXT(S):

    Origination Date: August 2010
    Curriculum Committee Approval Date: May 2007
    Effective Term: Spring 2016
    Course Originator: - SMCCCD