

**College of San Mateo
Official Course Outline**

1. COURSE ID: P.E. 101 **TITLE:** Theory of Baseball

Units: 3.0 units **Hours/Semester:** 48.0-54.0 Lecture hours; and 96.0-108.0 Homework 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. Understand and explain the primary rules in the sport of baseball.
2. Explain and demonstrate the principles of 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. 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.
6. Articulate a philosophy on team development and the role of sport in one's life.
7. Demonstrate the principles and biomechanics of batting.

5. SPECIFIC INSTRUCTIONAL OBJECTIVES:

Upon successful completion of this course, a student will be able to:

1. Understand the rules of baseball.
2. Understand the history and evolution of the sport of baseball.
3. Identify proper biomechanics involved in batting.
4. Explain the fundamentals of catching.
5. Demonstrate a clear understanding of situational plays - both offensive and defensive.
6. Understand and be able to formulate a philosophy on developing the foundations of a team.

6. COURSE CONTENT:

Lecture Content:

1. Offensive baseball strategies
 - A. Short game (bunt, hit and run, base stealing)
 - B. Baserunning
 - C. Biomechanical analysis of hitting
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
5. Positions
 - A. Roles of defensive positions
 - B. Roles of offensive positions (base running)
6. Team development and philosophy

7. REPRESENTATIVE METHODS OF INSTRUCTION:

Typical methods of instruction may include:

- A. Lecture
- B. Critique
- C. Directed Study
- D. Discussion
- E. Individualized Instruction
- F. Observation and Demonstration
- G. 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:

Writing Assignments:

- A. Writing assignments will focus primarily on the following topics:
 - a. History of the sport of baseball
 - b. Rules of the sport of baseball
 - c. A personal philosophy on how to build a team.

Reading Assignments:

- A. Reading assignments will focus primarily on the topics included in the writing assignments:
 - a. History of the sport of baseball
 - b. Rules of the sport of baseball
 - c. Team building philosophy

9. REPRESENTATIVE METHODS OF EVALUATION

Representative methods of evaluation may include:

- A. Class Participation
- B. Class Performance
- C. Class Work
- D. Exams/Tests
- E. Final Class Performance
- F. Homework
- G. Papers
- H. Portfolios
- I. Projects
- J. Quizzes
- K. Research Projects
- L. Written examination
- M. 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):

Other:

- A. Instructor generated handouts will be provided to contextualize the material covered.

Origination Date: December 2016
Curriculum Committee Approval Date: February 2017
Effective Term: Fall 2017
Course Originator: Andreas Wolf