

**College of San Mateo**  
**Official Course Outline**

1. **COURSE ID:** VARS 105    **TITLE:** Varsity Baseball Conditioning  
**Units:** 0.5 or 1.0 units    **Hours/Semester:** 24.0-54.0 Lab hours  
**Method of Grading:** Grade Option (Letter Grade or Pass/No Pass)

2. **COURSE DESIGNATION:**

**Degree Credit**

**Transfer credit:** CSU; UC

**AA/AS Degree Requirements:**

CSM - GENERAL EDUCATION REQUIREMENTS: E4: Physical Education

**CSU GE:**

CSU GE Area E: LIFELONG LEARNING AND SELF-DEVELOPMENT: E2

3. **COURSE DESCRIPTIONS:**

**Catalog Description:**

A class for members of the CSM Baseball team to condition themselves for intercollegiate baseball competition through a program of stretching, weight training, running and other fitness activities related to the physiological development of student-athletes competing in baseball. May be taken four times for a maximum of 4 units.

4. **STUDENT LEARNING OUTCOME(S) (SLO'S):**

Upon successful completion of this course, a student will meet the following outcomes:

1. Demonstrate a proper dynamic warm up.
2. Understand the correct weight training program for the sport of baseball.
3. Monitor strength gains with a pre-test/post-test procedure.
4. Monitor speed and agility gains with a pre-test/post-test procedure.
5. Understand the importance of nutrition required for a student- athlete.

5. **SPECIFIC INSTRUCTIONAL OBJECTIVES:**

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

1. Students will be taught the correct techniques to properly warm themselves up prior to physical activity.
2. A conditioning program will be provided to get the student-athletes prepared for intercollegiate Baseball.
3. A weight training program will be given to each student, and players will be shown the proper technique for each exercise they are given.
4. Students will also be educated on nutrition and supplements.
5. Each student will be tested at the beginning of the semester to evaluate their physical strength and speed.
6. A post test will be given at the conclusion of the course to evaluate gains that have been made.
7. A standard "Y" test will be taken at the beginning and end of semester

6. **COURSE CONTENT:**

**Lecture Content:**

1. Dynamic Warm up
2. Weight Training program for the sport of baseball
3. Speed and agility drills for the sport of baseball
4. Nutrition for the athlete

**Lab Content:**

- Dynamic Warm up methodologies
- Weight Training program for the sport of baseball
  - Periodized training
  - Muscle building
  - Pyramid
  - Cable machines
  - Free weights
  - Plyometrics
- Speed and agility drills for the sport of baseball
  - Safety procedures
  - Ladder

- Plyometrics
- Footspeed
- Neuro-muscular development
- Nutrition for the athlete
  - Proper percentage of carbs, fats, protein
  - Recovery
  - Pre-game/practice

**7. REPRESENTATIVE METHODS OF INSTRUCTION:**

Typical methods of instruction may include:

- A. Lecture
- B. Lab
- C. Directed Study
- D. Discussion
- E. Guest Speakers
- F. Individualized Instruction
- G. Other (Specify): Students will be shown the proper technique for: Weight training, warm up, speed and agility drills. Students will have discussions about how conditioning and nutrition affects their play on the field.

**8. REPRESENTATIVE ASSIGNMENTS**

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

**Writing Assignments:**

Daily journals kept to track the following:

Nutritional intake

Strength training  
- gains

Agility training

**Reading Assignments:**

Instructor generated handouts on nutrition, strength training, agility training

**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 Performance
- F. Lab Activities
- G. Portfolios
- H. Written examination

**10. REPRESENTATIVE TEXT(S):**

Other:

- A. Instructor generated handouts on the pertinent topics

**Origination Date:** November 2021  
**Curriculum Committee Approval Date:** January 2022  
**Effective Term:** Fall 2022  
**Course Originator:** Douglas Williams