

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

1. **COURSE ID:** KINE 190    **TITLE:** Baseball Theory: Defense  
**Units:** 2.0 -3.0 units    **Hours/Semester:** 16.0-18.0 Lecture hours; 48.0-108.0 Lab hours; and 32.0-36.0 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:**  
Designed to help students understand the defensive fundamentals of playing and coaching baseball. Students will gain knowledge about the history, philosophies, techniques and strategies related to the development of individual and team play in baseball and apply them in a practical setting. (Same as TEAM 190)
4. **STUDENT LEARNING OUTCOME(S) (SLO'S):**  
Upon successful completion of this course, a student will meet the following outcomes:
  1. Develop individual and team defensive programs applicable to specific goals.
  2. Evaluate various defensive techniques for effectiveness.
  3. Demonstrate defensive baseball skills at an advanced level.
  4. Apply concepts (rules, terminology and philosophy) into practice.
5. **SPECIFIC INSTRUCTIONAL OBJECTIVES:**  
Upon successful completion of this course, a student will be able to:
  1. Understand baseball philosophy and how it impacts their approach to playing and teaching the game.
  2. Develop criteria for evaluating individual skills related to defensive performance.
  3. Develop criteria for evaluating team defensive performance.
  4. Apply visually, verbally and kinesthetically essential skills necessary to play the game of baseball.
  5. Understand and apply NCAA baseball rules in a game setting.
  6. Utilize critical thinking skills in making adjustments to opponent skills, tactics and strategies.
  7. Illustrate concepts related to sportsmanship and its application in practice and competitive situations.
  8. Understand the physiological and psychological aspects related to playing and coaching baseball.
6. **COURSE CONTENT:**  
**Lecture Content:**
  - Specific Neuromuscular Warm-Up Activities
  - Anaerobic PC-LA Conditioning
  - Aerobic / Cardiovascular Efficiency Conditioning
  - General Muscular Strength / Endurance Activities
  - Specific Muscular Strength / Endurance Activities
  - Individual Sport Specific Skill Drills (Throwing, Catching, Blocking etc...)
  - Small Group Sport Specific Skill Drills (Bunts, Picks, Relays, etc..)
  - Controlled Scrimmage Situations (Defensive Situation etc...)
  - Live Scrimmage Situations (9x9)
  - Film Analysis of Situations
  - Scouting Analysis of Tendencies (Self Assessment)**Lab Content:**
  - Introduction and Pre-Test on knowledge of Baseball Rules, Terminology and History
  - Physiological / Psychological Components
    - Core Body Warm-Up
    - Flexibility
    - Specific Neuromuscular Warm-up Drills
    - Developing Physiological Functioning as Related to the Sport of Baseball
    - Team Building and Unit Cohesion Exercises
    - Visualization Techniques

- Goal Setting
- Technical Skills
  - Playing Catch (Glove, Body and Hand Position)
  - Throwing Techniques (Hand, Body and Arm Position)
  - Fielding a Batted Ball (In The Ground or In The Air)
  - Corner Infield Techniques
  - Middle Infield Techniques
  - Outfield Techniques
  - Catching Techniques
  - Pitching Techniques
- Tactical Skills
  - Defensive Positioning
  - Situational Defense
  - Cuts and Relays
  - Bunt Defenses
  - 1st and 3rd Defenses
  - Holding Runners and Pick-Offs
  - Charting for Positioning and Tendencies
  - Signs

## 7. REPRESENTATIVE METHODS OF INSTRUCTION:

Typical methods of instruction may include:

- A. Lecture
- B. Lab
- C. Activity
- D. Critique
- E. Directed Study
- F. Discussion
- G. Individualized Instruction
- H. Observation and Demonstration
- I. Other (Specify): Drills and applied competitive situations using advanced defensive skills. Video analysis utilizing critical thinking skills to determine effective strategies and enhance performance. Detailed physiological and psychological self-analysis to aid in goal setting techniques designed to enhance performance.

## 8. REPRESENTATIVE ASSIGNMENTS

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

### **Writing Assignments:**

Using critical thinking skills, students will complete several 100-500 word analysis pieces in order to identify skills, systems of play and tactical situations and suggest courses of action to enhance performance.

Written analysis - Individual performance (psychological, physiological)

Written analysis - Team performance (strategy)

Written analysis - Defensive adjustments based on scouting reports

Written analysis - Observation of JC, 4 year, or professional game

Individual journal

### **Reading Assignments:**

Students will be expected to read 20-40 pages of instructor generated handouts on defensive techniques, skills and strategies related to baseball. Handouts will be provided to specifically address topics covered in class primarily associated with individual and team success.

### **Other Outside Assignments:**

Other possible assignments may include:

- Participation in drills and games to improve skills necessary to compete at an intercollegiate level
- Participation in organized and competitive situations to developing an understanding of defensive systems of play.
- Participation in organized and competitive situations designed to develop an understanding of tactics and strategies and how to create opportunities and negate risks.
- Participation in detailed physiological and psychological self-assessment to aid in the creation of goal setting program.
- Recommended live performance attendance of a community college, four year or professional baseball

game with a written analysis, 100-500 words, utilizing critical thinking skills to compare and contrast performance with classroom experience.

- Development of a practice plan based on improving individual skills and team play.
- In-class discussion related to tactics and strategies and how best to exploit or limit opportunities.

#### 9. REPRESENTATIVE METHODS OF EVALUATION

Representative methods of evaluation may include:

- A. Class Participation
- B. Class Performance
- C. Group Projects
- D. Homework
- E. Portfolios
- F. Written examination
- G. Evaluation of advanced skills acquisition and their application to competitive situations. Evaluation of participation in scrimmages and competitive situations. Evaluation of strategies and critical thinking in scrimmages and competitive situations. Assessment of contribution to in-class discussions. Evaluation of all written work and examinations related to: rules; history; strategy; knowledge of advanced defensive systems of play; knowledge of advanced strategies, utilizing critical thinking skills, to adjust to an opponent's tactics and skills; practice plan; individual and team goals.

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

Other:

- A. Baseball Rules and Interpretations (NCAA 2010-11)
- B. Instructor generated handouts related to the development of skills and tactics associated with the sport of basketball. (Additional handouts would deal with the physiological and psychological components essential to the success of a baseball team.)

**Origination Date:** January 2014

**Curriculum Committee Approval Date:** December 2014

**Effective Term:** Spring 2016

**Course Originator:** Andreas Wolf