

**College of San Mateo
Official Course Outline**

1. **COURSE ID:** TEAM 105 **TITLE:** Advanced Baseball
Units: 0.5 - 4.0 units **Hours/Semester:** 24.0-216.0 Lab hours
Method of Grading: Letter Grade Only
Recommended Preparation:
 Interscholastic baseball.

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:
 Training class for students seeking to participate in Varsity Baseball. Practice in fundamental as well as advanced skills and techniques in baseball. Written and practical testing. May be taken four times for a maximum of 16 units.

4. **STUDENT LEARNING OUTCOME(S) (SLO'S):**
 Upon successful completion of this course, a student will meet the following outcomes:
 1. Demonstrate comprehension of the strategies of the game
 2. Improve body composition, range of motion, overall body weight, resting heart rate, strength and endurance, and aerobic capacity
 3. Cooperate in activities with diverse groups

5. **SPECIFIC INSTRUCTIONAL OBJECTIVES:**
 Upon successful completion of this course, a student will be able to:
 1. To develop strength and endurance through participation in baseball drills and especially designed baseball activities
 2. To further develop neuro-muscular coordination
 3. To develop the qualities of sportsmanship, cooperation, team work and initiative

6. **COURSE CONTENT:**
Lab Content:
 1. Baseball policies and regulations
 2. Orientation
 3. baseball signs
 4. bunt defense
 5. double steal defense
 6. defensive situations
 7. pick-off plays
 8. force plays in infield
 9. Cut-off plays
 10. fly ball communication-infielders and outfielders
 11. base runners
 12. sliding
 13. basic running fundamentals
 14. first base coach guidelines
 15. third base coach guidelines
 16. hitting
 - A. fundamentals
 - B. faults and corrections
 - C. mental aspect
 17. Bunting

18. pitching
19. catching
20. infield play
21. outfield play
22. strength and flexibility program

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

8. REPRESENTATIVE ASSIGNMENTS

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

Writing Assignments:

- Individual journal kept to establish goals, identify successes and failures.
- Nutrition log

Reading Assignments:

- Various instructor generated handouts focusing on topics being addressed.

9. REPRESENTATIVE METHODS OF EVALUATION

Representative methods of evaluation may include:

- A. Class Participation
- B. Class Performance
- C. Class Work
- D. Exams/Tests
- E. Lab Activities
- F. Papers
- G. Portfolios
- H. Quizzes
- I. Written examination
- J. Skills testing, test on play book, rules of the game, Standard "Y" test

10. REPRESENTATIVE TEXT(S):

Possible textbooks include:

- A. Dorfman, Harvey. *The Mental Game of Baseball*, 4th ed. Globe Pequot/Lyons Press, 2017
- B. Williams, Ted, Underwood, John. *The Science of Hitting*, 4th ed. New York: Touchstone, 2013

Other:

- A. NCAA Rulebook, CCCAA Constitution

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Effective Term: Fall 2022

Course Originator: Douglas Williams