

College of San Mateo
Official Course Outline

1. **COURSE ID:** VARS 100 **TITLE:** Varsity Baseball

Units: 3.0 units **Hours/Semester:** 144.0-162.0 Lab hours

Method of Grading: Grade Option (Letter Grade or P/NP)

Recommended Preparation:

Interscholastic participation in varsity 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:

Intercollegiate varsity baseball competition in the Coast Conference and with other community colleges. (May be taken four times for a maximum of 12 units. However, for eligibility purposes, students may only compete intercollegiately for two years.)

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

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

1. Develop strength and endurance through participating in baseball drills and specially designed baseball skills development activities.
2. Develop qualities of sportsmanship, cooperation, teamwork and leadership.

5. **SPECIFIC INSTRUCTIONAL OBJECTIVES:**

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

1. Develop strength and endurance through participating in baseball drills and specially designed baseball skills development activities.
2. Develop qualities of sportsmanship, cooperation, teamwork and leadership.

6. **COURSE CONTENT:**

Lecture Content:

1. Baseball policies and regulation
2. Orientation, care of equipment
3. Safety rules and regulations
4. Fundamentals of:
 - A. Throwing, catching and fielding
 - B. Hitting, faults, and corrections, plus mental aspects
 - C. Bunting
 - D. Pitching
 - E. Catching
 - F. Infield play, force play, pick-off plays, defense for bunt, double steal squeeze play, double play, triple play, infield fly
 - G. Outfield play, cut off plays, fly ball communication, infielder and outfielder coordination
5. Base running, sliding, base running and base stealing fundamentals, base coaching guidelines
6. Base signals
7. Offensive strategy
8. Defensive strategy

Lab Content:

- Warm-Up and Flexibility Exercises
- Physiological Conditioning Specific to the Sport of Baseball
- Flexibility, Strength and Cardiovascular Training through Various Exercise Prescriptions
- Individual Skill Development to Include Hitting, Bunting, Positional Defense, and Base Running
- Team Tactical Development to Include both Offensive and Defensive Strategies

- Mental Imagery Techniques and Strategies

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): Instructor generated hand-outs pertaining to strategy, fitness, team decorum, individual and team goals; instructional videos pertaining to intercollegiate baseball skill development.

8. REPRESENTATIVE ASSIGNMENTS

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

Writing Assignments:

Students may be expected to observe, analyze and critique, in written form, 20-30 hours of game film.

Reading Assignments:

- Students may be expected to read, understand and apply selected handouts pertaining to team rules, goal setting, and practical strategies of both offensive and defensive strategies pertaining to the sport of baseball.
- Students will be required to read and understand rules pertaining to baseball.
- Students will be required to read various sections of the CCCAA Constitution.

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. Projects
- H. Applied skills exam based on knowledge of rules and team strategy.

10. REPRESENTATIVE TEXT(S):

Other:

- A. 2015/16 NCAA manual, 2015/16 CCCAA Constitution, 2015/16 CCCAA baseball Sport Guide

Origination Date: March 2015
Curriculum Committee Approval Date: November 2015
Effective Term: Fall 2016
Course Originator: Andreas Wolf