

Reviewed by: K. Bandy  
Reviewed by: V. Maiocco  
Reviewed by: B. Ferguson  
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Semester effective: Spring 2020

Physical Education (PHED) 1535 Baseball and Physical Fitness (1 or 2 units) CSU:UC  
[formerly Physical Education 35AB]

Prerequisite: None

Hours and Unit Calculations:

Total Contact Hours: 48 lab hours (48 Total Student Learning Hours) 1 Unit; 96 lab hours (96 Total Student Learning Hours) 2 Units.

Catalog Description: This activity course is designed to improve understanding of the fundamentals of baseball. The instructional aspects of baseball are combined with a special conditioning program.

Type of Class/Course: Degree Credit

Text: Ravizza, Ken and Hanson, Tom, *Heads-Up Baseball 2.0*, Hanson House Publishing, 2016.

Additional Instructional Materials: Baseball equipment

Course Objectives:

By the end of the course, a successful student will be able to:

1. Improve skill level in baseball techniques of:
  - a. Throwing,
  - b. Catching,
  - c. Fielding,
  - d. Batting,
  - e. Base running, and
  - f. Pitching,
2. Participate in game experience, and
3. Improve quickness, strength and overall conditioning.

Course Scope and Content

- |         |                    |
|---------|--------------------|
| Unit I  | Conditioning       |
|         | A. Quickness       |
|         | B. Strength        |
|         | C. Cardiovascular  |
|         | D. Stamina         |
| Unit II | Fundamental Skills |
|         | A. Hitting         |
|         | B. Pitching        |

- C. Fielding
- D. Throwing
- E. Base running
- F. Bunting
- G. Position by position techniques

- Unit III Basic Rules of the Game
- A. Offense
  - B. Defense
  - C. Sportsmanship and ethics

- Unit IV Basic Team Strategy
- A. Offensive signs
  - B. Defensive signs
  - C. Scouting

**Learning Activities Required Outside of Class:**

The students in this class will spend a minimum of 2 hours per week outside of the regular class time doing the following:

1. Skill practice,
2. Taking notes on multimedia presentations, and
3. Reading of the textbook.

**Methods of Instruction:**

1. Oral instruction in the fundamentals of baseball,
2. Practice,
3. Use of multimedia as additional learning material, and
4. Demonstration.

**Methods of Evaluation:**

1. Skill demonstrations, including:
  - a. Class performance and
  - b. Scrimmage games

**Supplemental Data:**

TOP Code:	083500: Physical Education
SAM Priority Code:	E: Non-Occupational
Distance Education:	Not Applicable

Funding Agency:	Y: Not Applicable(funds not used)
Program Status:	I: Program Applicable
Noncredit Category:	Y: Not Applicable, Credit Course
Special Class Status:	N: Course is not a special class
Basic Skills Status:	N: Course is not a basic skills course
Prior to College Level:	Y: Not applicable
Cooperative Work Experience:	N: Is not part of a cooperative work experience education program
Eligible for Credit by Exam:	NO
Eligible for Pass/No Pass:	NO
Taft College General Education:	NONE
Discipline:	Health or PE or Kinesiology or Coaching