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Physical Education (PHED) 1539 Fundamentals of Baseball (3 Units) CSU:UC
[formerly Physical Education 39ABCD]

Advisory: Successful completion of Physical Education 1535 strongly recommended

Total Hours: 48 hours lecture

Course Description: This course is designed to expose students to baseball techniques, fundamentals, individual and team drills in a classroom environment. This course will also explore strategy, history and the rules of competitive baseball.

Type of Class/Course: Degree Credit

Textbook: Curtis, John D. *Baseball's 6th Tool: The Inner Game*. La Crosse: Curtis & Assoc., 2012. Print.

Ravizza, Ken and Tom Hanson. *Heads-Up Baseball*. Indianapolis: Masters P, 1998. Print.

Course Objectives:

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

1. illustrate the rules and skills of baseball,
2. express the importance of the mental part of baseball,
3. employ a weight training program specific to baseball,
4. recognize the specific skills needed to become a fundamentally sound infielder and outfielder,
5. discuss an understanding of and the strategy of how to implement bunt coverages and picks,
6. identify appropriate opportunities and the strategy of how to steal a base,
7. explain the appropriate time and the strategic part of the hit and run play,
8. report the importance of proper conditioning to minimize injury,
9. evaluate proper pitching mechanics, and
10. understand the relevance of the historical aspect of baseball.

Course Scope and Content:

Unit I Playing with Confidence
a. Building Confidence
b. Taking Responsibility
c. Understanding Your Ups and Downs

Unit II Going on a Mission
a. What is a Mission?

- b. Why Do You Play Baseball?
- c. What Would Like to Accomplish With Baseball?

Unit III Taking Control

- a. Correct Breathing Techniques

Unit IV Playing the Game One Pitch at a Time

- a. The Process
- b. Self Control
- c. Knowing Your Traffic Lights

Unit V Making Pre-Game Mental Preparation Routine

- a. Prepare for Greatness
- b. Taking Responsibility for Your Preparation

Unit VI Pitching

- a. The Mission
- b. Taking it From the Bullpen to the Game
- c. The Big Game

Unit VII Hitting

- a. Quality At Bats
- b. One Pitch at a Time
- c. Pregame Batting Practice
- d. Slumps
- e. Evaluating Your At Bats

Unit VIII Fielding and Base Running

- a. Hit it to Me
- b. One Pitch At A Time
- c. What Do You Do When You Make an Error?

Unit IX How to Work on Your Mental Game

- a. Mental Preparation for Practice
- b. Quality Work in Action
- c. End of Practice Evaluation

Unit X Special Opportunities to Learn

- a. Dealing With Failing and Losing
- b. Succeeding as a Role Player
- c. Coming Back From Injury
- d. Life Outside of Baseball

Learning Activities Required Outside of Class:

The students in this class will spend a minimum of 6 hours per week outside of the regular class time doing the following:

1. Reading text material



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2. Reading handouts
3. Answering text questions
4. Studying
5. Observing televised baseball games

Methods of Instruction:

1. Lecture
2. Verbal report of reading assignments
3. Direct feedback of televised baseball games and how what they saw relates to this course
4. Video presentation critiques
5. Classroom discussion

Methods of Evaluation:

1. Quizzes
2. Midterm exam
3. Writing assignments
4. Reading materials
5. Class participation
6. Final exam