



El Camino College

COURSE OUTLINE OF RECORD - Official

I. GENERAL COURSE INFORMATION

Subject and Number: Physical Education 5ABC
Descriptive Title: Men's Intercollegiate Baseball Team

Course Disciplines: Physical Education
or Coaching

Division: Health Sciences and Athletics

Catalog Description: This course provides instruction, training, and practice in the advanced techniques of baseball and the opportunity for intercollegiate competition. Students will compete against conference schools and other colleges.

Note: This course is offered in the spring semester only.

Conditions of Enrollment: Recommended Preparation
High school varsity experience or equivalent skill

Course Length: Full Term Other (Specify number of weeks):
Hours Lecture: 0 hours per week TBA
Hours Laboratory: 10.00 hours per week TBA
Course Units: 3.00

Grading Method: Letter
Credit Status: Associate Degree Credit

Transfer CSU: Effective Date: Prior to July 1992
Transfer UC: Effective Date: Spring 1994

General Education:

El Camino College: _____

CSU GE: _____

IGETC: _____

II. OUTCOMES AND OBJECTIVES

A. COURSE STUDENT LEARNING OUTCOMES (The course student learning outcomes are listed below, along with a representative assessment method for each. Student learning outcomes are not subject to review, revision or approval by the College Curriculum Committee)

1. Student will demonstrate proficiency in fielding of their appropriate position in baseball.
2. Students will demonstrate improvement in the cardio respiratory endurance component of fitness.
3. Students will define and apply acceptable levels of sportsmanship during competition.

The above SLOs were the most recent available SLOs at the time of course review. For the most current SLO statements, visit the El Camino College SLO webpage at <http://www.elcamino.edu/academics/slo/>.

B. Course Student Learning Objectives (The major learning objective for students enrolled in this course are listed below, along with a representative assessment method for each)

1. Demonstrate proper technique of technical skills in batting, pitching, fielding, and base running.
Class Performance
2. Analyze the responsibilities of each defensive position.
Class Performance
3. Comprehend and explain the rules of intercollegiate baseball.
Performance exams
4. Develop a conditioning program specific to the demands of base running, hitting, fielding, and pitching.
Class Performance
5. Demonstrate the tactical skills within the sport of baseball.
Class Performance
6. Communicate effectively with team members within the field of play.
Class Performance

III. OUTLINE OF SUBJECT MATTER (Topics are detailed enough to enable a qualified instructor to determine the major areas that should be covered as well as ensure consistency from instructor to instructor and semester to semester.)

Lecture or Lab	Approximate Hours	Topic Number	Major Topic
Lab	15	I	I. Orientation A. Player evaluation B. Rules and regulations of intercollegiate baseball
Lab	20	II	Tactical skill training A. Bunt defense strategies B. Run production C. Pitch selection
Lab	70	III	III. Skills Training A. Hitting B. Fielding C. Base running D. Pitching drills E. Conditioning

Lab	50	IV	Offensive strategy A. Hitting techniques B. Mental approach C. Balance training D. Plate discipline
Lab	25	V	V. Specialized Skill Training and Drills A. Base stealing B. Pick-off plays C. Double plays D. Squeeze bunt E. Sacrifice fly
Total Lecture Hours		0	
Total Laboratory Hours		180	
Total Hours		180	

IV. PRIMARY METHOD OF EVALUATION AND SAMPLE ASSIGNMENTS

A. PRIMARY METHOD OF EVALUATION:

Skills demonstrations

B. TYPICAL ASSIGNMENT USING PRIMARY METHOD OF EVALUATION:

Demonstrate specific baseball skills to execute the bunt, proper ground ball fielding and throwing at a 90% success rate.

C. COLLEGE-LEVEL CRITICAL THINKING ASSIGNMENTS:

1. Design and demonstrate a strength and conditioning program that would improve batting skills.
2. Demonstrate the hitting skills involved in bunting and hitting deep fly balls to all fields.

D. OTHER TYPICAL ASSESSMENT AND EVALUATION METHODS:

Class Performance

Other (specify):

Intercollegiate competition

V. INSTRUCTIONAL METHODS

Demonstration

Multimedia presentations

Other (please specify)

1. Video analysis of each players performance during practice and games.
2. Video analysis of professional players.

Note: In compliance with Board Policies 1600 and 3410, Title 5 California Code of

Regulations, the Rehabilitation Act of 1973, and Sections 504 and 508 of the Americans with Disabilities Act, instruction delivery shall provide access, full inclusion, and effective communication for students with disabilities.

VI. WORK OUTSIDE OF CLASS

Course is lab only - minimum required hours satisfied by scheduled lab time and estimated student hours outside of class per week is zero.

Estimated Independent Study Hours per Week:

VII. TEXTS AND MATERIALS

- A. UP-TO-DATE REPRESENTATIVE TEXTBOOKS
- B. ALTERNATIVE TEXTBOOKS
- C. REQUIRED SUPPLEMENTARY READINGS
- D. OTHER REQUIRED MATERIALS

VIII. CONDITIONS OF ENROLLMENT

A. Requisites (Course and Non-Course Prerequisites and Corequisites)

Requisites	Category and Justification
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B. Requisite Skills

Requisite Skills

C. Recommended Preparations (Course and Non-Course)

Recommended Preparation	Category and Justification
Course Recommended Preparation	

D. Recommended Skills

Recommended Skills
Students who have demonstrated the skills and abilities for enrollment in the athletic development course will have a greater ability to succeed based on the following areas. Student will have a comprehensive understanding of the rules and regulations of the athletic sport. The student will understand tactics, alignments and strategies of play. This individual will also be aware of phases of conditioning, and proper implementation of health and safety requirements.

E. Enrollment Limitations

Enrollment Limitations and Category	Enrollment Limitations Impact
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Course created by Tom Hicks on 09/01/1989.

BOARD APPROVAL DATE:

LAST BOARD APPROVAL DATE: 11/21/2016

Last Reviewed and/or Revised by Nathan Fernley on 02/01/2016