



El Camino College  
COURSE OUTLINE OF RECORD – Official

<b>Course Acronym:</b>	PE
<b>Course Number:</b>	5abc
<b>Descriptive Title:</b>	Men's Intercollegiate Baseball Team
<b>Division:</b>	Health Sciences and Athletics
<b>Department:</b>	Physical Education
<b>Course Disciplines:</b>	Coaching, Physical Education
<b>Catalog Description:</b>	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.
<b>Prerequisite:</b>	
<b>Co-requisite:</b>	
<b>Recommended Preparation:</b>	high school varsity experience or equivalent skill
<b>Enrollment Limitation:</b>	
<b>Hours Lecture (per week):</b>	0
<b>Hours Laboratory (per week):</b>	10
<b>Outside Study Hours:</b>	0
<b>Total Course Hours:</b>	180
<b>Course Units:</b>	3
<b>Grading Method:</b>	Letter Grade only
<b>Credit Status:</b>	Credit, degree applicable
<b>Transfer CSU:</b>	Yes
<b>Effective Date:</b>	Prior to July 1992
<b>Transfer UC:</b>	Yes
<b>Effective Date:</b>	Spring 1994
<b>General Education: ECC</b>	Area 5 - Health and Physical Education
<b>Term:</b>	
<b>Other:</b>	
<b>CSU GE:</b>	
<b>Term:</b>	
<b>Other:</b>	

<b>IGETC:</b>	
<b>Term:</b>	
<b>Other:</b>	
<b>Student Learning Outcomes:</b>	<p><b>SLO #1 Fielding</b></p> <p>Student will demonstrate proficiency in fielding of their appropriate position in baseball.</p> <p><b>SLO #2 Fitness</b></p> <p>Students will demonstrate improvement in the cardio respiratory endurance component of fitness.</p> <p><b>SLO #3 Sportsmanship</b></p> <p>Students will define and apply acceptable levels of sportsmanship during competition.</p>
<b>Course Objectives:</b>	<ol style="list-style-type: none"> <li>1. Demonstrate proper technique of technical skills in batting, pitching, fielding, and base running.</li> <li>2. Analyze the responsibilities of each defensive position.</li> <li>3. Comprehend and explain the rules of intercollegiate baseball.</li> <li>4. Develop a conditioning program specific to the demands of base running, hitting, fielding, and pitching.</li> <li>5. Demonstrate the tactical skills within the sport of baseball.</li> <li>6. Communicate effectively with team members within the field of play.</li> </ol>
<b>Major Topics:</b>	<p><b>I. Orientation (15 hours, lab)</b></p> <ol style="list-style-type: none"> <li>1. Player evaluation</li> <li>2. Rules and regulations of intercollegiate baseball</li> </ol> <p><b>II. Tactical skill training (20 hours, lab)</b></p> <ol style="list-style-type: none"> <li>1. Bunt defense strategies</li> <li>2. Run production</li> <li>3. Pitch selection</li> </ol> <p><b>III. Skills Training (70 hours, lab)</b></p> <ol style="list-style-type: none"> <li>1. Hitting</li> <li>2. Fielding</li> <li>3. Base running</li> <li>4. Pitching drills</li> <li>5. Conditioning</li> </ol> <p><b>IV. Offensive strategy (50 hours, lab)</b></p> <ol style="list-style-type: none"> <li>1. Hitting techniques</li> <li>2. Mental approach</li> <li>3. Balance training</li> <li>4. Plate discipline</li> </ol>

	<b>V. Specialized Skill Training and Drills (25 hours, lab)</b> <ol style="list-style-type: none"> <li>1. Base stealing</li> <li>2. Pick-off plays</li> <li>3. Double plays</li> <li>4. Squeeze bunt</li> <li>5. Sacrifice fly</li> </ol>
<b>Total Lecture Hours:</b>	0
<b>Total Laboratory Hours:</b>	180
<b>Total Hours:</b>	180
<b>Primary Method of Evaluation:</b>	Skills demonstration
<b>Typical Assignment Using Primary Method of Evaluation:</b>	Demonstrate specific baseball skills to execute the bunt, proper ground ball fielding and throwing at a 90% success rate.
<b>Critical Thinking Assignment 1:</b>	Design and demonstrate a strength and conditioning program that would improve batting skills.
<b>Critical Thinking Assignment 2:</b>	Demonstrate the hitting skills involved in bunting and hitting deep fly balls to all fields.
<b>Other Evaluation Methods:</b>	Class Performance Intercollegiate competition
<b>Instructional Methods:</b>	Demonstration, Multimedia presentations
<b>If other:</b>	Video analysis of each players performance during practice and games. Video analysis of professional players
<b>Work Outside of Class:</b>	Course is lab only - minimum required hours satisfied by scheduled lab time
<b>If Other:</b>	
<b>Up-To-Date Representative Textbooks:</b>	
<b>Alternative Textbooks:</b>	
<b>Required Supplementary Readings:</b>	
<b>Other Required Materials:</b>	
<b>Requisite:</b>	
<b>Category:</b>	
<b>Requisite course(s): List both prerequisites and corequisites in this box.</b>	

<b>Requisite and Matching skill(s):</b> Bold the requisite skill. List the corresponding course objective under each skill(s).	
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<b>Requisite Skill and Matching skill(s):</b> Bold the requisite skill. List the corresponding course objective under each skill(s). If applicable	<p>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.</p> <p>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.</p>
<b>Enrollment Limitations and Category:</b>	
<b>Enrollment Limitations Impact:</b>	
<b>Course Created by:</b>	Tom Hicks
<b>Date:</b>	09/01/1989
<b>Original Board Approval Date:</b>	
<b>Last Reviewed and/or Revised by:</b>	Nathan Fernley
<b>Date:</b>	02/01/2016
<b>Last Board Approval Date:</b>	1/17/2023