

PALOMAR COLLEGE
COURSE OUTLINE OF RECORD FOR
DEGREE CREDIT COURSE

X Transfer Course X A.A. Degree applicable course
(check all that apply)

COURSE NUMBER AND TITLE: ACS 155 Intercollegiate Baseball (Men)

UNIT VALUE: 2

MINIMUM NUMBER OF SEMESTER HOURS: 175

BASIC SKILLS REQUIREMENTS: Appropriate language skills

ENTRANCE REQUIREMENTS None

PREREQUISITE: None

COREQUISITE: None

RECOMMENDED PREPARATION: None

SCOPE OF COURSE:

To provide students with the opportunity to develop advanced skills and the strategies in this specific sport which will be applied to competitive situations.

SPECIFIC COURSE OBJECTIVES:

Successful students will be able to:

1. Demonstrate the fundamentals of offensive and defensive strategies in the game of baseball at the advanced collegiate level.
2. Execute the fundamentals of hitting, fielding, throwing and baserunning at the advanced collegiate level.
3. Critically analyze and assess individual performances during practice and game situations.
4. Demonstrate and carry out all policies as set forth in the course required readings.
5. Establish a positive association with district and community supporters by representing the institution in Serving as a vehicle for public relations.

CONTENT IN TERMS OF SPECIFIC BODY OF KNOWLEDGE:

1. Pre-Season
 - A. Conditioning
 1. Weight training
 2. Cardiovascular endurance
 3. Throwing mechanics
 4. Baserunning
 5. Plyometrics training
2. Season
 - A. Strategy and Fundamentals
 - B. Hitting (individual technique and mechanics)
 1. Bunt game
 2. Hit and run
 3. Opposite field
 4. Two strikes
 5. Advantage hitting
 6. Situational hitting

7. Automatic system
8. Video analysis
- C. Baserunning
 1. Stealing
 2. Extra bases
 3. Turns
 4. Leads and breaks
- D. Fielding
 1. Bunt defense
 2. Throwing techniques
 3. Outfield Play - Individual/Team
 4. Infield Play - Individual/Team
 5. Relays/Cutoffs
 6. Situational team defense
- E. Pitching
 1. Situations
 2. Pitchouts
 3. Intentional walks
 4. Control
 5. Breaking pitches
 6. Psychology/strategy
- F. Team Play
 1. Strategy
 2. Attitude
 3. Competitive factors

REQUIRED READING:

Palomar College Baseball Policy and Playbook, class handouts.

SUGGESTED READING:

Alston and Weiskopf. The Complete Baseball Handbook. Allyn and Bacon, Inc.. Boston, MA.

REQUIRED WRITING:

Demonstration of skills in hitting, fielding, running and throwing are more appropriate.

OUTSIDE ASSIGNMENTS:

Students are expected to spend a minimum of three hours per unit per week in class and on outside assignments, prorated for short-term classes.

1. Students are required to attend collegiate baseball games.
2. Work with trainers if necessary for prevention and rehabilitation of injuries.

INSTRUCTIONAL METHODOLOGY:

Check all that apply:

- lecture
- laboratory
- lecture-laboratory combination
- directed study

DISTANCE LEARNING:

This course may be offered as a distance learning course and meets Title 5 regulations 55370, 55372, 55374, 55376, 55378, and 55380.

Yes No

If yes, check all that apply:

- Television Course (Video one-way, e.g. ITV, video cassette, etc.)
- Online Course (Text one-way, e.g. newspaper, correspondence, electronic file, etc.)
- Two-Way Video Conferencing (Two-way interactive video and audio)
- One-Way Video Conferencing (One-way interactive video and two-way interactive audio)
- Computer Assisted Instruction (A specialized form of mediated instruction relying primarily on student access to information and prepared lessons or teaching materials through a computer terminal, but not under immediate supervision of a qualified instructor.)

GRADING POLICY AND STANDARDS (include methods of determining whether the stated objectives have been met by students):

- 70% - Participation in practice
- 20% - Participation in games
- 10% - Skill development

IS COURSE REPEATABLE FOR REASON(S) OTHER THAN DEFICIENT GRADE?

Yes No Number of times course may be taken for credit: 3

If yes, identify specific provision of Title 5 Division 2 section(s), 55761-55763 and 58161 which qualifies course as repeatable:

58161 (C) (2) (A) and (B)

CONTACT PERSON: Bob Vetter, extension 2465

SIGNATURES:

SIGNATURES ON FILE