

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: PE 212 Professional Preparation for Baseball

UNIT VALUE: 1, 1.5, 2

MINIMUM NUMBER OF SEMESTER HOURS: 32, 48, 64

BASIC SKILLS REQUIREMENTS: Appropriate language and computational skills

ENTRANCE REQUIREMENTS None

PREREQUISITE: None

COREQUISITE: None

RECOMMENDED PREPARATION: None

SCOPE OF COURSE:

Development of fundamental skills with emphasis on history, rules, styles, game strategy, current developments, preparation of teams for games and weekly practice schedules, and anticipated innovations for the future. *May be taken four times.* CSU; UC

SPECIFIC COURSE OBJECTIVES:

Successful students will be able to:

1. identify and apply principles of proper body mechanics.
2. demonstrate acquired baseball skills.
3. evaluate skills development.
4. apply fundamental baseball skills and techniques.
5. encourage players to continue the study of baseball on a competitive or recreational basis as a player or coach.
6. demonstrate skills, and strategies of the game.

CONTENT IN TERMS OF SPECIFIC BODY OF KNOWLEDGE:

1. Selection criteria
 - a. eligibility
 - b. position preparation
 - c. quality of participation
 - d. strength
 - e. speed
 - f. attitude

2. Winter practice
 - a. indoor hitting
 - b. indoor skill conditioning
 - c. weight program for strength

3. Regular practice
 - a. time usage
 - b. skills and game situations
 - c. multi-purpose drills

4. Schedules
 - a. league and non-conference
 - b. tournament planning and setups
 - c. state, and district play-off structure

5. Offensive game philosophy
 - a. running game
 - b. professional game approach
 - c. breaks and leads on base
 - d. bunting game
 - e. hit and run game
 - f. signs and base coaching development

6. Defensive game situations
 - a. bunt coverage
 - b. double-steal prevention
 - c. cut-off coverage
 - d. double-play combination
 - e. pick-off plays
 - f. suicide-bunt prevention

7. Personnel management
 - a. scouting
 - b. recruiting
 - c. selection of proper methods to use vs team
 - d. selection of proper pitcher
 - e. workout towards specific opponent team

REQUIRED READING:

Instructor generated handout: Palomar College Baseball Policy and Playbook.

SUGGESTED READING:

National Collegiate Athletic Association. NCAA Football Rule Book.
Mission, KA: National Collegiate Athletic Association, 2001.

REQUIRED WRITING:

Baseball skills demonstration is 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.

Observing, charting and diagnostic approaches to strategy, techniques and visible philosophy of team or individual participants.

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):

Participation/attendance	40%
Skill evaluation	50%
Written exam	10%

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

Yes No Number of times course may be taken for credit: 4

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:

Robert C. Vetter

Extension 2465

SIGNATURES ON FILE