

BUTTE COLLEGE

COURSE OUTLINE

I. CATALOG DESCRIPTION

KIN 12A - Theory of Baseball I

2 Unit(s)

Prerequisite(s): NONE

Limitation on Enrollment: Student-athletes currently participating in Intercollegiate Athletics

Recommended Prep: Reading Level IV; English Level III

Transfer Status: CSU/UC

34 hours Lecture

This course provides instruction in the basic techniques and strategies of baseball as the game has developed and is played at secondary, intercollegiate, and professional levels. Emphasis will be placed on the mental aspect of baseball, team play, biomechanics, and film study at a basic level.

II. OBJECTIVES

Upon successful completion of this course, the student will be able to:

- A. distinguish between the rules of baseball across the different levels of play.
- B. evaluate teamwork and cooperation between players, coaches and team personnel through film study at a basic level.
- C. compare and contrast game strategies that are situation specific at a basic level.
- D. explain the differences between appropriate and inappropriate sportsmanship.
- E. identify baseball specific techniques and biomechanics at a basic level.

III. COURSE CONTENT

A. Unit Titles/Suggested Time Schedule

		Lecture	
<u>Topics</u>			<u>Hours</u>
1. Philosophy			2.00
2. Coach and Athlete Relationship			2.00
3. Practice Organization and Safety			4.00
4. Selection of Personnel			3.00
5. Fundamental Skills			3.00
6. Game Strategies and Rules			4.00
7. Mental Approach and Strategies			4.00
8. Scouting and Statistics (Film Review)			6.00
9. Game and Trip Organization			2.00
10. Public Relations			2.00
11. Sportsmanship			2.00
Total Hours			34.00

IV. METHODS OF INSTRUCTION

A. Lecture

B. Homework: Students are required to complete two hours of outside-of-class homework for each hour of lecture

- C. Discussion
- D. Demonstrations
- E. Multimedia Presentations

V. METHODS OF EVALUATION

- A. Oral Presentation
- B. Demonstration
- C. Class participation
- D. Written Assignments
- E. Written or Oral Examinations

VI. EXAMPLES OF ASSIGNMENTS

- A. Reading Assignments
 - 1. Review “Wooden’s Pyramid of Success” to identify aspects of team work and success. Be prepared to present your findings to the class.
 - 2. Read and review a scouting report on a specific opponent to identify weaknesses and strengths. Be prepared to discuss in class.
- B. Writing Assignments
 - 1. Write a brief paper summarizing the responsibilities of each position in baseball.
 - 2. Maintain a semester long journal on preparation habits for sport success, specific to: sleep/rest, diet, strength training, mental approach, social habits and academics.
- C. Out-of-Class Assignments
 - 1. View a Major League Baseball game and report your observations in a short write as they address conduct, rules, and techniques.
 - 2. Research three Major League Baseball players with a focus on techniques and training. Be prepared to share your analysis in class.

VII. RECOMMENDED MATERIALS OF INSTRUCTION

Textbooks:

- A. Ravizza, K & Hanson, T. Heads Up Baseball. 1st Edition. McGraw-Hill, 1998.

Materials Other Than Textbooks:

- A. Other materials and/or equipment will be provided by the department.

Created/Revised by: Mario Vela

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