

BUTTE COLLEGE

COURSE OUTLINE

I. CATALOG DESCRIPTION

KIN 80 - Varsity Baseball

3 Unit(s)

Prerequisite(s): NONE

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

Recommended Prep: NONE

Transfer Status: CSU/UC

153 hours Lab

This course is designed for students who meet the criteria to compete in intercollegiate baseball. All varsity sports entail practice and games at designated times. Since skills/proficiencies are enhanced by supervised repetition and practice, this course may be repeated three times.

II. OBJECTIVES

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

- A. define baseball safety and rules.
- B. practice the proper etiquette of baseball competition.
- C. describe offensive and defensive strategies for intercollegiate competition.
- D. perform offensive and defensive skills at a level appropriate for intercollegiate competition.
- E. demonstrate pre-game, in-game and post-game physical routines.
- F. demonstrate proper maintenance of individual equipment and the playing field.

III. COURSE CONTENT

A. Unit Titles/Suggested Time Schedule

		Lab	
<u>Topics</u>			<u>Hours</u>
1.	Orientation/Safety		2.00
2.	Field Maintenance		15.00
3.	Mental Preparation		10.00
4.	Throwing		9.00
5.	Catching		9.00
6.	Batting/Bunting		19.00
7.	Defense Skills and Strategies		15.00
8.	Offense Skills and Strategies		15.00
9.	Position Responsibilities		8.00
10.	Pitching		10.00
11.	On/Off Field Procedures		3.50
12.	Game Preparations		9.50
13.	Conditioning		5.50
14.	Base Running Situations		7.50
15.	Coverage Skills		6.00
16.	Signs and Signals		3.00
17.	Field Communications		3.00

18. Sliding

3.00

Total Hours

153.00

IV. METHODS OF INSTRUCTION

- A. Discussion
- B. Demonstrations
- C. Reading Assignments
- D. Multimedia Presentations
- E. Drills/Practical

V. METHODS OF EVALUATION

- A. Class participation
- B. Written or Oral Examinations
- C. Practical Evaluations

VI. EXAMPLES OF ASSIGNMENTS

- A. Reading Assignments
 - 1. Research an internet article that outlines the history of baseball and the impact the sport has had on society. Plan to make a brief presentation in class on your findings.
 - 2. Read a minimum of two articles that outline offensive and defensive skills used in baseball. Be prepared to demonstrate skills in class.
- B. Writing Assignments
 - 1. Write an essay that reviews and analyzes your last three game performances.
 - 2. Write a brief paper summarizing the responsibilities of each position in baseball.
- C. Out-of-Class Assignments
 - 1. View a Major League Baseball game and report your observations as they address conduct, rules, and techniques.
 - 2. Study practice plans, pitching charts, and defensive alignment charts. Apply knowledge to daily performance.

VII. RECOMMENDED MATERIALS OF INSTRUCTION

Materials Other Than Textbooks:

- A. The student will be required to provide:
 - 1. Proper baseball attire
 - 2. Proper baseball shoes
- B. Other materials and/or equipment will be provided by the department.

Created/Revised by: Mario Vela

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