

Mt. San Jacinto College
Integrated Course Outline of Record

Form B

Submitted by:

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Date:

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Department	Subject	Course Number	Title
Physical Education Inter-Collegiate	Physical Education Inter-Collegiate PEIC	144A	Pre-Season Athletics: Baseball (Men)

Units/Hours

- Each lecture unit requires 1 hour per week of class time, and 2 hours per week of study outside of class.
- Each laboratory unit requires 3 hours per week of class time.
- Each activity unit requires 2 hours per week of class time and 1 hour per week of study outside of class.

Lab Units	Total Units
1.00 - 3.00	1.00 - 3.00
Lab Contact Hours	Total Contact Hours
48.00 - 162.00	48.00 - 162.00
Lab Homework Hours	
0	

Stand Alone:

Program Applicable

AA/AS Degree General Ed Breadth Area(s):

-none-

General Education Justification:

Maximum Enrollment:	32
Maximum Enrollment Justification:	Justification:
Grading Method:	Letter Grade or P/NP
TOP code:	0835.50

Can be Taken

4

time(s) for credit (max 4)

- ☐
- Visual or Performing Arts course that is required to meet major requirements for UC/CSU
-
- ☒
- Intercollegiate athletics course
-
- ☐
- Academic/vocational competition course

Catalog Description:

(Please do not refer to transferability or degree, certificate, or employment concentration applicability. Please only describe the course).
(75 words or less in gray box below).

This course is designed for pre-season baseball conditioning for intercollegiate athletes, including strength training, cardiovascular conditioning, drill techniques, and game play in preparation for Intercollegiate competition. Students who repeat this course will improve baseball skills and fitness through further instruction and practice.

Schedule Description:

(Please do not refer to transferability or degree, certificate, or employment concentration applicability. Please only describe the course).
(25 words or less in gray box below).

This course is designed for pre-season baseball conditioning for intercollegiate athletes. Students who repeat this course will improve skills and fitness through further instruction.

Need for the course:

This course is necessary for students to prepare in the pre-season for upcoming competition in baseball Intercollegiate Athletics. Through this course students develop a plan to meet their own health and wellness goals through directed study of conditioning techniques, activities to improve health and fitness and simulation of baseball strategies. This course is an elective in the PE degree.

Prerequisite(s):

Prerequisites go through a separate approval process. See Forms E1-E6 for details.
(For further clarification, contact the Prerequisite Subcommittee)

- Students planning and preparing to compete in Intercollegiate athletics must be healthy enough to pass a physician's examination and complete an interview with the instructor.

Corequisite(s):

Corequisites go through a separate approval process. See Forms E1-E6 for details.

-none-

Recommend Preparation:

Recommended Preparation goes through a separate approval process. See Forms E1-E6 for details.

-none-

Other Enrollment Criteria:

-none-

Learning Objectives:

(please number each objective and express in behavioral terms)
Upon the completion of the course the student will be able to do the following:

- Demonstrate athletic fundamentals necessary for competition.
- Exhibit rules, strategies, and techniques for athletic competition in baseball.
- Adjust the principles of strategies to fit game situations.

4. Train cooperatively with teammates and display strong communication skills in practice and competition.

5. Identify and perform activities for improved flexibility and agility.

6. Perform basic cardiovascular and resistance techniques to improve aerobic and anaerobic fitness.

7. Relate footwork patterns to specific athletic techniques required for baseball.

8. Produce athletic movements and techniques that are necessary to successfully compete in intercollegiate athletics in baseball.

9. Combine increased conditioning levels with baseball knowledge, techniques, and strategy necessary to compete at an intercollegiate level.

Course Content:

(please number the outline of main topics and subtopics)

This is a Lab class only.

Lab Content:

(please number the outline of main topics and subtopics)

1. Conditioning and Weight training Development for baseball

1. Weight Training

1. Machines

2. Olympic

3. Plyometric

2. Aerobic

3. Speed training

a. Linear

b. Change of direction

c. Explosive power
2. Pre and Post Assessment of baseball skill levels
3. Pre and Post conditioning assessment and evaluation
- a. 300 yard shuttle

b. Body composition testing

c. Weight lifting maximums

d. Vertical jump

e. Pro Agility

f. 40 yard dash

g. Mile test

h. multi-rep maximums
4. Baseball drills and strategies.
- Triangle Drill

• Down Up Drill

• Double Play Drill

• Below Knee Drill

• Outfield Drop Step Drill

• Giving Signs

• Pre Game Warm Up

• Calling Pitches

• Double Cuts

• Bunt Plays

• Plater Psychology

• Hitting

• Fielding

• Catching

• Base Running

Methods of Instruction:

Methods of instruction may include, but are not limited to the following:

- **Method:** Directed Study
Integration: Individual and/or group development of baseball skills including: rules, strategies, conditioning, and techniques.
- **Method:** Activity
Integration: Individual application of health and fitness content and awareness
- **Method:** Role Playing/Simulation
Integration: Group application of baseball strategies
- **Method:** Observation and Demonstration
Integration: Group demonstration and application of communication techniques necessary for practice and competition in baseball

Methods of Evaluation:

A student's grade shall be determined by the instructor using multiple measures of performance related to the course objectives. Methods of evaluation may include but are not limited to the following:

- **Method:** Class Performance
Integration: Daily assessment of player development and/or team use of baseball tactics and strategies.
- **Method:** Final Performance
Integration: Students will be evaluated on cardiovascular endurance, muscular strength, muscular endurance, speed, and agility base in a fitness assessment.

Examples of Assignments:

Students will be expected to understand and critique college level texts or the equivalent. Reading and writing, as well as out of class assignments are required. These assignments may include but are not limited to the following:

1. Pre-Season Portfolio:

Directions:

For this assignment, keep an accurate records of all aspects of weight, strength, conditioning, and speed. The portfolio *must* contain all pre, mid, and post cycle testing of height, weight, vertical jump, Olympic lifts, 40-time, and pro-shuttle time. In addition, the portfolio must contain weekly data spreadsheets monitoring progress in all aspects of pre-season training development in baseball. The portfolio *should* contain a dietary log including all supplementation. This assignment will be collected at the mid-term and at the end of the semester.

1. Pre-Season Video Analysis:

Directions:

For this assignment, watch and analyze video of yourself and assess technique and work within the sport specific scheme. Analysis will be written down in a notebook to monitor growth and development as an athlete as progression through out the pre-season training in baseball. In addition, watch video of a competitor and analyze and assess their technical strengths and weaknesses as well as their baseball schemes and tendencies. This analysis will also be written down in your notebook for periodic review. This assignment will be collected at the mid-term and at the end of the semester.

Textbooks:

- Delavier,Fredrick. (2019). *The strength Training Anatomy workout 3 maximizing results with Advanced training Techniques* Human Kinetics. ISBN: 1492588512

Other Resources:

Minimum Qualification

- Coaching **or**
- Kinesiology (Masters Required) **or**
- Physical Education (Masters Required)