

Mt. San Jacinto College
Integrated Course Outline of Record

Form B

Submitted by:	Steve Alonzo	Date:	04/09/2020
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Department	Subject	Course Number	Title
Physical Education Inter-Collegiate	Physical Education Inter-Collegiate PEIC	144B	Off-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:

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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)
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- ☐
- Visual or Performing Arts course that is required to meet major requirements for UC/CSU
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- ☒
- Intercollegiate athletics course
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- ☐
- 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 intended for off-season baseball conditioning, including strength training, cardiovascular conditioning, drill techniques, and game play in preparation for intercollegiate baseball competition. Students who repeat this course will improve 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 off-season baseball conditioning for intercollegiate athletes. Students will improve skills and fitness through further instruction and practice.

Need for the course:

This course is needed to train of our baseball intercollegiate athletes in the off-season. Through this course students develop a plan to meet their own health and wellness goals through individualized instruction and directed study by performing advanced conditioning techniques and group activities that develop sport specific skills. 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:

1. Demonstrate athletic fundamentals necessary for baseball competition.
2. Practice strategies, techniques, and rules for baseball competition.
3. Apply principles of strategies in game situations.

4. Develop teamwork abilities and display strong communication skills in practice and competition regarding baseball rules.

5. Know the rules of CCCAA eligibility for intercollegiate competition and transfer.

6. Synthesize baseline athletic conditioning techniques to acquire advanced conditioning knowledge, skills, and techniques.

7. Produce training exercises at maximum load and intensity in order to assess overall conditioning levels.

8. Combine increased conditioning levels with improved baseball techniques and strategies to optimize performance.

Course Content:

(please number the outline of main topics and subtopics)

This course is lab units only.

Lab Content:

(please number the outline of main topics and subtopics)

1. Introduction
 - Rules and regulations for baseball
 - CCCAA eligibility
 - Team Rules
 - Communication
 - Coaching philosophy
 - Safety

2. Strategy Development
 - critique baseball situations
 - critique baseball player technique
 - development of new game strategies

3. Assessment of baseball skill levels
 - Skills
 - Techniques
 - Conditioning
 - Strength
 - Speed

4. Conditioning
 - Drills

5. Baseball drills and strategies

6. Weight training
 - Circuit training
 - Free weight training
 - Cardiovascular training
 - Speed training

7. Baseball competitive play

8. Advanced conditioning

9. Agility training
 - Fast Twitch muscle training
 - Stabilization and balancing exercises

10. Baseball plyometric
 - Jump training
 - Foot pattern exercises

11. Post conditioning assessment and evaluation

12. Injury rehabilitation

13. Nutrition and Diet

Methods of Instruction:

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

- **Method:** Activity
Integration: Individual and/or group activities that develop baseball skills.
- **Method:** Discussion
Integration: Discussion and review of baseball rules, regulations, CCCAA eligibility, team rules, and safety regulations.
- **Method:** Observation and Demonstration
Integration: Group observation, demonstration and application of communication techniques necessary for training, practice, and competition.
- **Method:** Individualized Instruction
Integration: Individual and/or group instruction of advanced conditioning techniques for baseball.
- **Method:** Critique
Integration: Critique video of training, practices, and competitions for player development.

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:** Quizzes
Integration: Objective quizzes assessing student knowledge of training methods, techniques, baseball terminology and strategies.
- **Method:** Class Participation
Integration: Class participation for daily assessment and tracking of student training and skill development and/or team use of tactics and strategies.
- **Method:** Class Work
Integration: Class work will include self assessment of progress and development of training and conditioning techniques as evidenced in the portfolio assignment.
- **Method:** Simulation
Integration: Simulations will be used to demonstrate athletic fundamentals necessary for training, practice, and competition. Students must simulate the necessary fundamental techniques needed to become functional in strength, speed, cardiovascular, flexibility, and core training.

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. Off-Season Portfolio:

Directions:

For this assignment, keep 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 the off-season training development. The portfolio *should* contain your dietary log including all supplementation. This assignment will be collected at the mid-term and at the end of the semester.

2. Off-Season Video Analysis:

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Directions:

For this assignment, watch and analyze video of yourself and assess technique and work within the baseball scheme. The analysis will be written down in a notebook to monitor growth and development as an athlete as progression through out the off-season training. 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)