



El Camino College

COURSE OUTLINE OF RECORD - Official

I. GENERAL COURSE INFORMATION

Subject and Number: Physical Education 7
Descriptive Title: Baseball

Course Disciplines: Physical Education

Division: Health Sciences and Athletics

Catalog Description: Students are introduced to the sport of baseball through instruction and practice. Topics include batting, fielding, and base running skills as well as rules and game strategy. Students will participate in game situations that allow execution of skills and strategies in a competitive environment. A conditioning program specific to the sport will also be utilized.

Conditions of Enrollment: *You have no defined requisites.*

Course Length: Full Term Other (Specify number of weeks):
Hours Lecture: 0 hours per week TBA
Hours Laboratory: 3.00 hours per week TBA
Course Units: 1.00

Grading Method: Letter
Credit Status: Associate Degree Credit

Transfer CSU: Effective Date: Prior to July 1992
Transfer UC: Effective Date: Spring 1994

General Education:
El Camino College: 5 – Health and Physical Education
Term: _____ Other: _____

CSU GE: E - Lifelong Understanding and Self-Development
Term: Fall 1991 Other: _____

IGETC: _____

II. OUTCOMES AND OBJECTIVES

A. COURSE STUDENT LEARNING OUTCOMES (The course student learning outcomes are listed below, along with a representative assessment method for each. Student learning outcomes are not subject to review, revision or approval by the College Curriculum Committee)

- Students will identify basic rules and strategy within the sport.
- 2. Students will demonstrate proper fundamentals of fielding.
- 3. Students will identify proper fundamentals of hitting.

The above SLOs were the most recent available SLOs at the time of course review. For the most current SLO statements, visit the El Camino College SLO webpage at <http://www.elcamino.edu/academics/slo/>.

B. Course Student Learning Objectives (The major learning objective for students enrolled in this course are listed below, along with a representative assessment method for each)

1. Demonstrate the proper techniques in batting, pitching, fielding, and base running.

Class Performance

2. Formulate effective defensive and offensive strategies for competitive situations.

Class Performance

3. Analyze swing mechanics and make necessary adjustments.

Field work

4. Interpret the rules of baseball and apply them during competition.

Presentation

5. Outline a conditioning program specific to the demands of the baseball.

Field work

III. OUTLINE OF SUBJECT MATTER (Topics are detailed enough to enable a qualified instructor to determine the major areas that should be covered as well as ensure consistency from instructor to instructor and semester to semester.)

Lecture or Lab	Approximate Hours	Topic Number	Major Topic
Lab	2	I	Course orientation Stretching techniques and warm-up exercises
Lab	3	II	Baseball equipment Rules
Lab	4	III	Techniques and practice drills for fielding positions
Lab	4	IV	Techniques and practice drills for throwing and catching
Lab	4	V	Techniques and practice drills for batting and base running
Lab	3	VI	Techniques and practice drills for pitching
Lab	26	VII	Skill application and evaluation during competition
Lab	8	VIII	Conditioning activities for baseball
Total Lecture Hours		0	
Total Laboratory Hours		54	

IV. PRIMARY METHOD OF EVALUATION AND SAMPLE ASSIGNMENTS

A. PRIMARY METHOD OF EVALUATION:

Skills demonstrations

B. TYPICAL ASSIGNMENT USING PRIMARY METHOD OF EVALUATION:

After reviewing and analyzing videotaped swing mechanics, identify faults and demonstrate corrections for improvement.

C. COLLEGE-LEVEL CRITICAL THINKING ASSIGNMENTS:

1. In a one-page essay, compare infield defensive strategies for first and third basemen when confronted with a right-handed batter in a bunt situation.
2. In a short paragraph, evaluate the use of relays and cutoffs, in defensive strategy.

D. OTHER TYPICAL ASSESSMENT AND EVALUATION METHODS:

Performance exams

Class Performance

Multiple Choice

Completion

Matching Items

True/False

V. INSTRUCTIONAL METHODS

Demonstration

Guest Speakers

Lecture

Multimedia presentations

Note: In compliance with Board Policies 1600 and 3410, Title 5 California Code of Regulations, the Rehabilitation Act of 1973, and Sections 504 and 508 of the Americans with Disabilities Act, instruction delivery shall provide access, full inclusion, and effective communication for students with disabilities.

VI. WORK OUTSIDE OF CLASS

Course is lab only - minimum required hours satisfied by scheduled lab time and estimated student hours outside of class per week is zero.

Estimated Independent Study Hours per Week:

VII. TEXTS AND MATERIALS

- A. UP-TO-DATE REPRESENTATIVE TEXTBOOKS**
- B. ALTERNATIVE TEXTBOOKS**
- C. REQUIRED SUPPLEMENTARY READINGS**
- D. OTHER REQUIRED MATERIALS**

VIII. CONDITIONS OF ENROLLMENT

A. Requisites (Course and Non-Course Prerequisites and Corequisites)

Requisites	Category and Justification
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B. Requisite Skills

Requisite Skills

C. Recommended Preparations (Course and Non-Course)

Recommended Preparation	Category and Justification
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D. Recommended Skills

Recommended Skills

E. Enrollment Limitations

Enrollment Limitations and Category	Enrollment Limitations Impact
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Course created by Glen Le Vier on 10/22/2012.

BOARD APPROVAL DATE: 09/01/1990

LAST BOARD APPROVAL DATE: 06/18/2018

Last Reviewed and/or Revised by Nathan Fernley on 10/22/2012