



El Camino College
COURSE OUTLINE OF RECORD – Official

Course Acronym:	PE
Course Number:	6abc
Descriptive Title:	Off-Season Training for Men's Intercollegiate Baseball
Division:	Health Sciences and Athletics
Department:	Kinesiology/Phys Ed/First Aid/CH/Med Term
Course Disciplines:	Coaching, Physical Education
Catalog Description:	<p>This course provides instruction and practice in the advanced techniques of baseball. All students will engage in an off-season program emphasizing instruction, game tactics, skill development, strength training, and conditioning.</p> <p><i>Note: This class is offered in the fall semester and summer session only.</i></p>
Prerequisite:	
Co-requisite:	
Recommended Preparation:	High school varsity experience or equivalent skill
Enrollment Limitation:	
Hours Lecture (per week):	0
Hours Laboratory (per week):	3
Outside Study Hours:	0
Total Course Hours:	54
Course Units:	1
Grading Method:	Letter Grade only
Credit Status:	Credit, non degree applicable
Transfer CSU:	Yes
Effective Date:	Prior to July 1992
Transfer UC:	Yes
Effective Date:	Spring 1994
General Education: ECC	Area 5 - Health and Physical Education
Term:	
Other:	
CSU GE:	
Term:	
Other:	
IGETC:	

Term:	
Other:	
Student Learning Outcomes:	<p>SLO #1 Fielding</p> <p>Student will demonstrate proficiency in the fielding of their appropriate position.</p> <p>SLO #2 Fitness</p> <p>Students will demonstrate improvement in the cardio respiratory endurance component of fitness.</p> <p>SLO #3 Rules and Strategy</p> <p>Students will identify basic rules and strategy within the sport.</p>
Course Objectives:	<ol style="list-style-type: none"> 1. Organize a conditioning program emphasizing cardiovascular and strength training for both infield, outfield and pitching personnel. 2. Using live pitching in batting practice, compare the skills used in hitting a deep fly, a ground ball, and executing a bunt. 3. Analyze the skills and responses required to field a ball. 4. Analyze skills involved in the proper running of the bases. 5. Discuss theory of successful baseball game strategy. 6. Understand and demonstrate safety procedures involved with hitting base running, fielding and throwing. 7. Understand and describe the rules, regulations and eligibility of intercollegiate baseball.
Major Topics:	<p>I. Orientation (2 hours, lab)</p> <p>A. Intercollegiate baseball rules, regulations, and eligibility requirements</p> <p>B. Proper field maintenance</p> <p>II. Defensive Skills Training (13 hours, lab)</p> <p>A. Defensive game strategy and signals</p> <p>B. Outfield play</p> <p>C. Catching</p> <p>D. Pitching</p> <p>III. Offensive Skills Training (15 hours, lecture)</p> <p>A. Offensive game strategy and signals</p> <p>B. Batting</p> <p>C. Base running</p> <p>D. Sliding</p> <p>IV. Strategizing Game-Like Situations (8 hours, lab)</p>

	<p>A. Defensive situations</p> <p>B. Offensive situations</p> <p>V. Instructional Games (6 hours, lab)</p> <p>A. Evaluation of game performance</p> <p>VI. Conditioning (10 hours, lab)</p> <p>A. Aerobic conditioning</p> <p>B. Anaerobic conditioning</p> <p>C. Strength training</p>
Total Lecture Hours:	0
Total Laboratory Hours:	54
Total Hours:	54
Primary Method of Evaluation:	3) Skills demonstration
Typical Assignment Using Primary Method of Evaluation:	Demonstrate and compare the skills involved in fielding a ground ball, short fly ball, and deep fly ball.
Critical Thinking Assignment 1:	With runners at first and third and two outs, design and demonstrate a defensive play that would prevent the runners from advancing to the next base.
Critical Thinking Assignment 2:	Describe orally to the instructor comparable offensive strategies used to advance a runner on base. Use the score, outs, and runners on base as part of the game strategy.
Other Evaluation Methods:	Class Performance
Instructional Methods:	Demonstration, Multimedia presentations, Other (specify)
If other:	
Work Outside of Class:	Lab only
If Other:	
Up-To-Date Representative Texts:	
Alternative Texts:	
Required Supplementary Readings:	
Other Required Materials:	
Requisite:	
Category:	
Requisite course(s): List both prerequisites	

and corequisites in this box.	
Requisite and Matching skill(s): Bold the requisite skill. List the corresponding course objective under each skill(s).	
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Requisite and Matching skill(s): Bold the requisite skill. List the corresponding course objective under each skill(s).	<p>Students who have demonstrated the skills and abilities for enrollment in the athletic development course will have a greater ability to succeed based on the following areas. Student will have a comprehensive understanding of the rules, regulations, tactics, techniques, and conditioning for the sport of baseball.</p> <p>Student will have a comprehensive understanding of the rules, regulations, tactics, techniques and conditioning within the sport of baseball.</p>
Requisite Skill:	High school varsity experience or equivalent skill
Requisite Skill and Matching skill(s): Bold the requisite skill. List the corresponding course objective under each skill(s). If applicable	<p>Students who have demonstrated the skills and abilities for enrollment in the athletic development course will have a greater ability to succeed based on the following areas. Student will have a comprehensive understanding of the rules, regulations, tactics, techniques, and conditioning for the sport of baseball.</p> <p>Student will have a comprehensive understanding of the rules, regulations, tactics, techniques and conditioning within the sport of baseball.</p>
Enrollment Limitations and Category:	
Enrollment Limitations Impact:	
Course Created by:	Tom Hicks
Date:	09/01/1989
Original Board Approval Date:	02/12/1990
Last Reviewed and/or Revised by:	Marvin Chang
Date:	05/05/2025
Last Board Approval Date:	06/26/2025
Effective Term:	FA 2026