

EASTERN ARIZONA COLLEGE

Beginning Baseball I

Course Design
2016-2017

Course Information

Division Health & Physical Education
Course Number HPE 101AA
Title Beginning Baseball I
Credits 1
Developed by Jim Bagnall
Lecture/Lab Ratio 0 Lecture/2 Lab

Transfer Status

ASU	NAU	UA
KIN 105	PES 100	PE Departmental Elective, PE Activity Credit limit of three units

Activity Course Yes
CIP Code 31.0501
Assessment Mode Portfolio
Semester Taught Upon Request
GE Category AAS degree only
Separate Lab No
Awareness Course No
Intensive Writing Course No

Prerequisites

None

Educational Value

To develop skill and knowledge in order to play baseball or to prepare for a career in coaching.

Description

A study of the game of baseball including fundamental techniques, rules, and a brief history of the game.

Supplies

Baseball glove
Proper work out attire

Competencies and Performance Standards

1. Demonstrate and explain the rules of baseball.

Learning Objectives

- a. Explain the general rules of baseball.
- b. Explain the rules pertaining to batting and base running.
- c. Explain the rules pertaining to pitching.
- d. Explain the rules pertaining to fielding.

Performance Standards

Competence will be demonstrated:

- o when learner passes an exam governing the rules of baseball with a score of 80% or higher

Criteria - Performance will be satisfactory when:

- o learner will explain the general rules of baseball
- o learner will explain the rules pertaining to batting and base running
- o learner will explain the rules pertaining to pitching
- o learner will explain the rules pertaining to fielding

2. Demonstrate the mechanics of throwing, and fielding groundballs and fly balls.

Learning Objectives

- a. Demonstrate the proper mechanics of fielding groundballs.
- b. Demonstrate the proper mechanics of throwing.
- c. Demonstrate the proper mechanics of fielding fly balls.

Performance Standards

Competence will be demonstrated:

- o when learner demonstrates the proper mechanics of throwing and follow-through, the proper mechanics of fielding, which includes stance, approach and fielding position and footwork off the instructor's checklist

Criteria - Performance will be satisfactory when:

- o learner demonstrates the proper mechanics of fielding groundballs
- o learner demonstrates the proper mechanics of throwing
- o learner demonstrates the proper mechanics of fielding fly balls

3. Demonstrate base running skills and techniques.

Learning Objectives

- a. Demonstrate proper form for running techniques.
- b. Demonstrate proper mechanics of base running.
- c. Demonstrate proper mechanics of turns and slides.

Performance Standards

Competence will be demonstrated:

- o when learner demonstrates base running skills
- o when learner passes an exam pertaining to the mechanics of base running with a score of 80% or higher

Criteria - Performance will be satisfactory when:

- learner demonstrates the proper form for running techniques
- learner demonstrates proper mechanics of base running
- learner demonstrates proper mechanics of turns and slides

4. Demonstrate the techniques of hitting.

Learning Objectives

- a. Demonstrate the proper stance.
- b. Demonstrate the proper stride and weight shift.
- c. Demonstrate the proper swing plane, contact point, and follow-through.

Performance Standards

Competence will be demonstrated:

- when learner demonstrates the proper hitting techniques
- when learner passes an exam pertaining to the proper hitting techniques with a score of 80% or higher

Criteria - Performance will be satisfactory when:

- learner demonstrates the proper stance
- learner demonstrates the proper stride and weight shift
- learner demonstrates the proper swing plane, contact point, and follow-through

5. Demonstrate the techniques of pitching.

Learning Objectives

- a. Demonstrate proper arm action and release.
- b. Demonstrate proper weight balance and transfer.
- c. Demonstrate proper stride action and follow-through.

Performance Standards

Competence will be demonstrated:

- when learner demonstrates techniques of pitching for the instructor
- when learner passes an exam pertaining to the techniques of pitching with a score of 80% or higher

Criteria - Performance will be satisfactory when:

- learner demonstrates arm action and release
- learner demonstrates proper weight balance and transfer
- learner demonstrates proper stride action and follow-through

Types of Instruction

On Campus Laboratory and Clinicals

Grading Information

Grading Rationale

80% Attendance

10% Portfolio

10% Skills Test and Exam

Grading Scale

A 90% or above

B 80-89%

C 70-79%

D 60-69%

F 59% or below