

EASTERN ARIZONA COLLEGE

Beginning Varsity Baseball I

Course Design
2016-2017

Course Information

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

Transfer Status

ASU	NAU	UA
KIN 105, EXW 105	PES 100	Non Transferable

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

Students who desire to develop their fundamental skills and understanding of strategies involved in baseball that will prepare them to continue their baseball careers at a four-year institution and/or professional levels. In addition, students who desire to pursue careers in coaching may benefit from this course.

Description

A study of the game of baseball including fundamental techniques, offensive and defensive strategies, rules, and a brief history of the game. To develop and enhance competitive baseball techniques and skills and to prepare student for competition.

Supplies

Baseball glove
 Proper work out attire

Competencies and Performance Standards

1. Demonstrate and explain the rules of the game of baseball.

Learning Objectives

- a. Explain the general rules of the game 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 by passing 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 the game 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 running techniques.
- b. Demonstrate proper mechanics of base running.
- c. Demonstrate proper mechanics of turns and slides.

Performance Standards

Competence will be demonstrated:

- o by demonstrating base running skills
- o by passing an exam pertaining to the mechanics of base running with a score of 80% or higher

Criteria - Performance will be satisfactory when:

- o learner demonstrates the proper form running techniques
- o learner demonstrates proper mechanics of base running
- o 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:

- o by demonstration of the proper hitting techniques
- o by passing an exam pertaining to the proper hitting techniques with a score of 80% or higher

Criteria - Performance will be satisfactory when:

- o learner demonstrates the proper stance
- o learner demonstrates the proper stride and weight shift
- o 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:

- o by demonstrating techniques of pitching for the instructor
- o by passing an exam pertaining to the techniques of pitching with a score of 80% or higher

Criteria - Performance will be satisfactory when:

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

6. Demonstrate the techniques of catching.

Learning Objectives

- a. Demonstrate stances and signal calling.
- b. Demonstrate receiving and blocking techniques.
- c. Demonstrate footwork and throwing techniques.
- d. Demonstrate plays at the plate, and bunt plays, and pop ups.

Performance Standards

Competence will be demonstrated:

- o upon successful completion of the exam and demonstration of catching techniques

Criteria - Performance will be satisfactory when:

- o learner demonstrates proper stances and signal calling
- o learner demonstrates proper receiving and blocking techniques
- o learner demonstrates proper footwork and throwing techniques
- o learner demonstrates proper techniques for plays at the plate, bunts, and pop ups

7. Demonstrate the techniques of infield and outfield play.

Learning Objectives

- Demonstrate proper mechanics of fielding balls to the right and left.
- Demonstrate proper mechanics of fielding slow rollers.
- Demonstrate proper mechanics of double plays.
- Demonstrate proper outfield ground ball mechanics.
- Demonstrate proper outfield fly ball mechanics.

Performance Standards

Competence will be demonstrated:

- o upon successful completion of the exam and demonstration of infield and outfield techniques

Criteria - Performance will be satisfactory when:

- o learner demonstrates proper mechanics of fielding balls to the right and left
- o learner demonstrates proper mechanics of fielding slow rollers
- o learner demonstrates proper mechanics of double plays
- o learner demonstrates proper outfield ground ball mechanics
- o learner demonstrates proper outfield fly ball mechanics

8. Demonstrate the proper positioning and movement of defensive players.

Learning Objectives

- Demonstrate an understanding of proper positioning.
- Demonstrate an understanding of movement at the pitch.

Performance Standards

Competence will be demonstrated:

- o upon successful completion of the exam and demonstration of the proper positions and movements of defensive players

Criteria - Performance will be satisfactory when:

- o learner demonstrates an understanding of the proper positioning
- o learner demonstrates an understanding of movement at the pitch

9. Explain the offensive strategies: bunting, hit and run, base stealing.

Learning Objectives

- Explain first and third offenses.

- b. Explain hit and run offenses.
- c. Explain steal offenses.
- d. Explain bunt offenses.

Performance Standards

Competence will be demonstrated:

- o upon successful completion of the exam and demonstration of offensive strategies during competition

Criteria - Performance will be satisfactory when:

- o learner explains first and third offenses
- o learner explains hit and run offenses
- o learner explains steal offenses
- o learner explains bunt offenses

10. Explain the defensive strategies: positioning, bunt defenses, first and third defenses, pick off plays (run downs).

Learning Objectives

- a. Explain bunt defenses.
- b. Explain first and third defenses.
- c. Explain cut-offs and relays.
- d. Explain run downs.

Performance Standards

Competence will be demonstrated:

- o upon successful completion of the exam and demonstration of defensive strategies during competition

Criteria - Performance will be satisfactory when:

- o learner explains bunt defenses
- o learner explains first and third defenses
- o learner explains cut-offs and relays
- o learner explains run-downs

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