Course Information

Division: Health & Physical Education
Course Number: HPE 201AA
Title: Advanced Baseball I
Credits: 1
Developed by: Jim Bagnall
Lecture/Lab Ratio: 0 Lecture/2 Lab
Transfer Status: ASU | NAU | UA

<table>
<thead>
<tr>
<th></th>
<th>ASU</th>
<th>NAU</th>
<th>UA</th>
</tr>
</thead>
<tbody>
<tr>
<td>KIN 205</td>
<td></td>
<td>PES 100</td>
<td>PE Departmental Elective, PE Activity Credit limit of three units</td>
</tr>
</tbody>
</table>

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
HPE 102AA

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

   *Criteria - Performance will be satisfactory when:*  
   - learner will explain the general rules of baseball
   - learner will explain the rules pertaining to batting and base running
   - learner will explain the rules pertaining to pitching
   - 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:*  
   - 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:*  
   - learner demonstrates the proper mechanics of fielding groundballs
   - learner demonstrates the proper mechanics of throwing
   - 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:*  
   - when learner demonstrates base running skills
   - when learner passes an exam pertaining to the mechanics of base running with a score of 80% or higher
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 when learner demonstrates the proper hitting techniques
   o when learner passes 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 when learner demonstrates techniques of pitching for the instructor
   o when learner passes 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

**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