

# EASTERN ARIZONA COLLEGE

## Advanced Varsity Baseball I

Course Design  
2016-2017

### Course Information

**Division** Health & Physical Education  
**Course Number** HPE 201AB  
**Title** Advanced Varsity Baseball I  
**Credits** 1  
**Developed by** Jim Bagnall  
**Lecture/Lab Ratio** 0 Lecture/2 Lab

### Transfer Status

ASU	NAU	UA
KIN 205	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

HPE 102AB

### 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:*

- learner demonstrates the proper form 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:*

- by demonstration of the proper hitting techniques
- by passing 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:*

- by demonstrating techniques of pitching for the instructor
- by passing 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

#### **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**

- a. Demonstrate proper mechanics of fielding balls to the right and left.
- b. Demonstrate proper mechanics of fielding slow rollers.
- c. Demonstrate proper mechanics of double plays.
- d. Demonstrate proper outfield ground ball mechanics.
- e. 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**

- a. Demonstrate an understanding of proper positioning.
- b. 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**

- a. 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