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

<table>
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<th>ASU</th>
<th>NAU</th>
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<td>KIN 105</td>
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<td>PES 100</td>
<td>PE Departmental Elective, PE Activity Credit limit of three units</td>
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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