

# COURSE SYLLABUS

<b>LAST REVIEW</b>	Spring 2021
<b>COURSE TITLE</b>	Techniques of Baseball
<b>COURSE NUMBER</b>	EXSC-0180
<b>DIVISION</b>	Math, Science, Business & Technology
<b>DEPARTMENT</b>	Exercise Science
<b>CIP CODE</b>	24.0101
<b>CREDIT HOURS</b>	3
<b>CONTACT HOURS/WEEK</b>	Class: 2                      Lab: 1
<b>PREREQUISITES</b>	None
<b>COURSE PLACEMENT</b>	None

## COURSE DESCRIPTION

This course will be a comprehensive overview of baseball techniques. Topics studied will include the elements of base running, defensive skills, hitting mechanics and philosophy, components of a sound pitching delivery, compiling statistics, as well as being able to develop a year around conditioning program.

## TEXTBOOKS

<http://kckccbookstore.com/>

## METHODS OF INSTRUCTION

A variety of instructional methods may be used depending on content area. These include but are not limited to: lecture, multimedia, cooperative/collaborative learning, labs and demonstrations, projects and presentations, speeches, debates, panels, conferencing, performances, and learning experiences outside the classroom. Methodology will be selected to best meet student needs.

## COURSE OUTLINE

- I. Formulating the General Philosophy
  - A. Program
  - B. Practices
  - C. Games
- II. Developing a Comprehensive Terminology
  - A. Skill-related
  - B. Position descriptions
  - C. Hitting/bunting

- D. Base running
- E. Game situations
- F. Drill activities
- III. Description of Various Levels of Play
  - A. Little League
  - B. High School
  - C. Collegiate
  - D. Professional
- IV. Compiling Baseball Statistics
  - A. Offensive
  - B. Defense
  - C. Pitching
- V. Developing Baseball Conditioning Program
  - A. Preseason
  - B. In-season
  - C. Off-season

### **COURSE LEARNING OUTCOMES**

Upon successful completion of this course, the student will:

- A. The student will be able to demonstrate a knowledge of the components of a total baseball program.
- B. The student will be able to demonstrate the ability to develop a sound practice plan.
- C. The student will be able to demonstrate the ability to administer a comprehensive game plan.
- D. The student will be able to demonstrate a comprehensive knowledge of baseball terminology.
- E. The student will be able to demonstrate knowledge of the competencies involved at each position.
- F. The student will be able to demonstrate knowledge of hitting, bunting, base running skills.
- G. The student will be able to demonstrate a knowledge of hitting, fielding and pitching drills.
- H. The student will be able to acquire a basic understanding of the intricacies running a little league, high school, college and professional baseball program.

- I. The student will be able to demonstrate an understanding of the professional baseball hierarchy.
- J. The student will be able to acquire an understanding of how to calculate offensive, defensive and pitching statistics.
- K. The student will be able to develop a pre-season, in-season, and off-season conditioning program.
- L. The student will be able to demonstrate knowledge of a baseball scorebook.
- M. The student will be able to demonstrate knowledge of pre-game infield/outfield drills.
- N. The student will be able to acquire an understanding for the umpires.
- O. The student will be able to acquire an understanding about the use of signals as it relates to: defense and offense in the game of baseball.
- P. The student will be able to demonstrate a knowledge of a cutoff and relay system.
- Q. The student will be able to demonstrate a knowledge of defending bunt plays and first and third plays.
- R. The student will be able to demonstrate a knowledge of implementing first and third, bunting, and base stealing offensive strategies.

### **ASSESSMENT OF COURSE LEARNING OUTCOMES**

Student progress is evaluated through both formative and summative assessment methods. Specific details may be found in the instructor's course information document.

### **COLLEGE POLICIES AND PROCEDURES**

*Student Handbook*

<https://www.kckcc.edu/files/docs/student-resources/student-handbook-and-code-of-conduct.pdf>

*College Catalog*

<https://www.kckcc.edu/academics/catalog/index.html>

*College Policies and Statements*

<https://www.kckcc.edu/about/policies-statements/index.html>

*Accessibility and Accommodations*

<https://www.kckcc.edu/academics/resources/student-accessibility-support-services/index.html>.