

Course Outline of Record

1. Course Code: VSO-011A
2.
  - a. Long Course Title: Baseball, Fall
  - b. Short Course Title: BASEBALL
3.
  - a. Catalog Course Description:  
 This is a fall semester off season baseball conditioning course providing beginning, intermediate, and advanced instruction for students interested in improving skill development, physical strength, muscular endurance, anaerobic endurance, and increased muscular elasticity while reducing connective tissue injuries. Students are required to participate in strenuous physical activity and testing.
  - b. Class Schedule Course Description:  
 Intended for off season conditioning and skill development for intercollegiate baseball student-athletes during the fall semester.
  - c. Semester Cycle (if applicable): Fall semester
  - d. Name of Approved Program(s):
4. Total Units: 2.00      Total Semester Hrs: 117.00  
 Lecture Units: 0      Semester Lecture Hrs: 0  
 Lab Units: 2      Semester Lab Hrs: 117.00  
 Class Size Maximum: 50      Allow Audit: No  
 Repeatability Repeatable 3 Times  
 Justification Title 5 § 55041. (a) (3) Intercollegiate athletics, as defined in section 55000.
5. Prerequisite or Corequisite Courses or Advisories:  
*Course with requisite(s) and/or advisory is required to complete Content Review Matrix (CCForm I-A)*  
 Limitation on Enrollment: Successful tryout.
6. Textbooks, Required Reading or Software: (List in APA or MLA format.) *N/A*
7. Entrance Skills: *Before entering the course students must be able:*

8. Course Content and Scope:

Lecture:

1. Strategies and Decision Making
2. History
3. Rules
4. Score Keeping
5. Safety
6. Injury Prevention

Lab: (if the "Lab Hours" is greater than zero this is required)

- a. Hitting b. Bunting c. Base Running d. Throwing Mechanics e. Pitching f. Catching g. Infield Play h. Outfield Play i. Defensive Positioning j. Bunt Defenses k. Cut Offs and Relays l. Situation Defenses m. Attitude and Work Ethic n. Communication o. Field Maintenance p. Strength and Conditioning

9. Course Student Learning Outcomes:

1. Demonstrate, with an increasing degree of proficiency, improvements in fitness testing of muscular endurance, strength, agility, flexibility and speed to enhance competition and transfer of skill in baseball.

10. Course Objectives: *Upon completion of this course, students will be able to:*
- a. Execute fundamentals of the game including hitting, bunting, base running, throwing, catching, infield play, outfield play, team defense, and pitching.
  - b. Demonstrate the use of proper attitude regarding team cooperation, coachability, sportsmanship, and competitiveness.
  - c. Understand and demonstrate various strategies of the game.
  - d. Develop an appreciation for the sport.
  - e. Demonstrate an understanding of safety and injury prevention.
  - f. Demonstrate a higher level of physical fitness and sport-specific strength and conditioning.

11. Methods of Instruction: *(Integration: Elements should validate parallel course outline elements)*

- a. Demonstration, Repetition/Practice
- b. Discussion
- c. Lecture

Other Methods:

a. Lecture and discussion. b. Demonstrations. c. Guest speakers. d. Student reports. e. Audio/visual presentations.

12. Assignments: *(List samples of specific activities/assignments students are expected to complete both in and outside of class.)*

In Class Hours: 117.00

Outside Class Hours: 0

a. In-class Assignments

a. Video skill analysis. b. Individual and team skill practice.

b. Out-of-class Assignments

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13. Methods of Evaluating Student Progress: *The student will demonstrate proficiency by:*

- Field/physical activity observations
- Group activity participation/observation
- Student participation/contribution

14. Methods of Evaluating: Additional Assesment Information:

a. Demonstrate proper fielding technique b. Demonstrate knowledge of strategy in various offensive situations. c. Demonstrate effective hitting mechanics d. Successfully complete fitness and skills assessment exam.

15. Need/Purpose/Rationale -- *All courses must meet one or more CCC missions.*

PO-GE C5 – Personal Growth and Development

Exhibit habits of intellectual exploration, personal responsibility, and well being.

IO - Personal and Professional Development

Demonstrate an understanding of ethical issues to make sound judgments and decisions.

16. Comparable Transfer Course

**University System**

**Campus**

**Course Number**

**Course Title**

**Catalog Year**

17. Special Materials and/or Equipment Required of Students:

All necessary baseball equipment, glove.

18. Materials Fees:  Required Material?

<b>Material or Item</b>	<b>Cost Per Unit</b>	<b>Total Cost</b>
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19. Provide Reasons for the Substantial Modifications or New Course:

Student athletes need to be prepared to meet the demands of the sport. Off season conditioning courses have been shown to improve the overall conditioning and readiness of student athletes and help in the prevention of injury.

20. a. Cross-Listed Course (*Enter Course Code*): *N/A*  
 b. Replacement Course (*Enter original Course Code*): *N/A*

21. Grading Method (*choose one*): Letter Grade Only

22. MIS Course Data Elements

- a. Course Control Number [CB00]: CCC000551076
- b. T.O.P. Code [CB03]: 83550.00 - Intercollegiate Athletics
- c. Credit Status [CB04]: D - Credit - Degree Applicable
- d. Course Transfer Status [CB05]: B = Transfer CSU
- e. Basic Skills Status [CB08]: 2N = Not basic skills course
- f. Vocational Status [CB09]: Not Occupational
- g. Course Classification [CB11]: Y - Credit Course
- h. Special Class Status [CB13]: N - Not Special
- i. Course CAN Code [CB14]: *N/A*
- j. Course Prior to College Level [CB21]: Y = Not Applicable
- k. Course Noncredit Category [CB22]: Y - Not Applicable
- l. Funding Agency Category [CB23]: Y = Not Applicable
- m. Program Status [CB24]: 2 = Stand-alone

Name of Approved Program (*if program-applicable*): *N/A*

*Attach listings of Degree and/or Certificate Programs showing this course as a required or a restricted elective.)*

23. Enrollment - Estimate Enrollment

First Year: 50  
 Third Year: 50

24. Resources - Faculty - Discipline and Other Qualifications:

- a. Sufficient Faculty Resources: Yes
- b. If No, list number of FTE needed to offer this course: *N/A*

25. Additional Equipment and/or Supplies Needed and Source of Funding.

N/A

26. Additional Construction or Modification of Existing Classroom Space Needed. (*Explain:*)

N/A

27. FOR NEW OR SUBSTANTIALLY MODIFIED COURSES

Library and/or Learning Resources Present in the Collection are Sufficient to Meet the Need of the Students Enrolled in the Course: Yes

28. Originator Courtney Doussett Origination Date 09/03/13