

WEST LOS ANGELES COLLEGE

PHYSICAL EDUCATION

Class: Kinesiology Athletics 557 Baseball Skills **Section #:** 2933 1 Unit (UC:CSU)

Location: Baseball Field **Day:** TTh **Time;** 3:30-4:55pm **Semester:** Spring 2015

Instructor: Robert Grant **Office Hours:** M-W 11 AM – Noon or by appointment

Telephone: (310) 287-4536 **E-Mail:** grantrt@Wlac.edu

Course Description:

This course will focus on developing fundamental skills, strategies, knowledge of the rules and history of baseball. This is an opportunity for teamwork and game play. Open to all ability levels.

Reference guides:

Kerlan-Jobe handbook; Los Angeles Dodgers Conditioning Guide: NCAA Rulebook

Student Learning Objective:

- 1) The student will learn baseball techniques that emphasize safety and injury prevention.
- 2) The student will gain knowledge in the rules and history of baseball.
- 3) The student will learn teamwork through playing in games.
- 4) The student will have a better understanding of fundamental baseball skills through practice drills.

Course Outline:

Week 1 &2: Introduction to baseball with points of emphasis on safety.

Week 3&4: Physical conditioning to gain arm strength, quickness and endurance.

Weeks 5-14: Improve baseball skills through drills, practice and games.

Week 15: Final exam—baseball execution drills test and rules test

Grades:

| | |
|------------|---|
| 90% - 100% | A |
| 80% - 89% | B |
| 70% - 79% | C |
| 60% - 69% | D |
| 0% - 59% | F |

Evaluation

| | |
|---------------|-----|
| Attendance | 33% |
| Participation | 33% |
| Final Exam | 33% |

Proper Attire: Baseball uniform or the following:

- 1) Athletic shoes or Tennis shoes
- 2) Athletic shorts or sweatpants
- 3) T-shirts with sleeves or sweatshirts
- 4) Please bring a towel with you

Drops:

The instructor will follow college policy regarding drops.

Last day to drop with refund—Friday, Sept. 12, 2014

Last day to drop w/o W—Friday, Sept. 12, 2014

Last day to drop with W—Friday, Nov. 21, 2014

Comments:

The student is expected to be prepared to work out in proper attire. Texting and cell phones will not be tolerated during class. Please respect all others in class.