

WEST LOS ANGELES COLLEGE

KINESIOLOGY ATHLETICS 557

Intercollegiate Baseball Fitness & Skills Training

**Section #:** 2933      **Units:** 1

**Location:** Westchester Babe Ruth League field; Culver City High School; Southwest LA College; West LA College Football field; Bill Botts Park; West LA College Parking Lots; Westchester Playground; Open Lot in Playa Del Rey

**Day:** T-TH   **Time:** 3:30-4:55   **Semester:** Spring 2014

**Instructor:** Robert Grant   **Office Hours:** M-TH Noon- 1 PM or by appointment

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

**Course Description:**

This course is designed to prepare the student athlete for intercollegiate baseball

**Reference guides:** Kerlan-Jobe handbook; Los Angeles Dodgers Conditioning Guide

**Student Learning Objective:**

- 1) The student will learn baseball techniques that emphasize safety and injury prevention.
- 2) The student will gain knowledge in physical fitness for use in baseball.
- 3) The student will learn offensive and defensive strategies used in baseball.
- 4) The student will have a better understanding of the rules used in baseball.

**Course Outline:**

Week 1: Introduction to baseball conditioning with points of emphasis on safety and injury prevention.

Weeks 1-18: Physical conditioning to gain strength, quickness and endurance.

Weeks 3-18: Learn baseball strategies for offense and defense through drills.

Week 18: Final exam

**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:**

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

**Drops:**

The instructor will follow college policy regarding drops.

**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.