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


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

Telephone: (310) 287-4536     E-Mail: 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

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<tr>
<th>Grades</th>
<th>Evaluation</th>
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<tbody>
<tr>
<td>90% - 100%</td>
<td>Attendance</td>
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<tr>
<td>80% - 89%</td>
<td>Participation</td>
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<tr>
<td>70% - 79%</td>
<td>Final Exam</td>
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<td>60% - 69%</td>
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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.