I. **OVERVIEW**

The following information will appear in the 2009 - 2010 catalog

PE 107  **Defensive Baseball Theory**  2 Units

An analysis of defensive techniques, position and team play. Coverage of rules and training procedures.

Two maximum completions.

Field trips are not required. **Units/Hours:** 2.00 Units: Lecture - 18.00 hours  Lab - 54.00 hours

**Grading:** A-F or P/NP - Student choice **Transfer:** CSU, UC

II. **LEARNING CONTEXT**

Given the following learning context, the student who satisfactorily completes this course should be able to achieve the goals specified in Section III, Desired Learning:

A. **COURSE CONTENT**

1. **Required Content:**

   a. Development of defense

      i. Ground ball techniques

      ii. Fly ball techniques

      iii. Positioning of defensive players

         a. Infield in

         b. Infield back

   b. Theories and Philosophies

      i. Ahead in the game

      ii. Behind in the game

      iii. Tied in the game

      iv. Hitters you don’t let beat you

   c. Scouting reports

      i. Opponent's tendencies

      ii. Opponent's speed

      iii. Opponent's power

      iv. Opponent's arm strength

      v. Opponent's hitting ability
2. **Required Lab Content:**

   a. Physical Training
      i. Weight lifting to increase strength
      ii. Drills to increase speed
      iii. Drills to increase balance
      iv. Flexibility

   b. Defensive Skills
      i. Throwing
      ii. Catching
      iii. Pitching
      iv. Infield Play
      v. Outfield Play

B. **HOURS AND UNITS**

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C. **METHODS OF INSTRUCTION (TYPICAL)**

   *Instructors of the course might conduct the course using the following method:*

1. Demonstration/description of skills
2. Participation within class by the student
3. Group interaction within class among students/teacher
4. In class lectures/presentations
5. Oral discussions designed to require the student to defend, assess, and appraise the student’s own conclusions regarding performance, strategies, theories, and philosophies
6. Game simulation worksheets

D. **ASSIGNMENTS (TYPICAL)**

1. **EVIDENCE OF APPROPRIATE WORKLOAD FOR COURSE UNITS**

   *Time spent on coursework in addition to hours of instruction (lecture hours)*

   a. Weekly evaluation of scouting reports.
b. Weekly video review and analysis to develop scouting reports.

2. **EVIDENCE OF CRITICAL THINKING**
   
   *Assignments require the appropriate level of critical thinking*
   
   a. Review and analyze game video to develop a defensive scouting report based on opponent's tendencies, strengths, and weaknesses.
   
   b. Analyze your personal training program to determine its effectiveness and any areas in which improvement is necessary.

E. **TEXTS AND OTHER READINGS (TYPICAL)**


III. **DESIRED LEARNING**

A. **COURSE GOAL**

   *As a result of satisfactory completion of this course, the student should be prepared to:*

   demonstrate an understanding of the rules and training procedures, as well as, defensive techniques, position, and team play to successfully compete at the collegiate level of baseball.

B. **STUDENT LEARNING GOALS**

   *Mastery of the following learning goals will enable the student to achieve the overall course goal.*

1. **Required Learning Goals**

   *Upon satisfactory completion of this course, the student will be able to:*

   a. Analyze the defensive theories and philosophy of baseball.
   
   b. Identify strategy employed by potential opponents based on data accumulated through scouting reports.
   
   c. Choose and practice physical training skills necessary for defensive effectiveness.
   
   d. Develop skills needed for successful participation from a defensive baseball standpoint.
   
   e. Demonstrate ability to formulate a defensive plan based on accumulated reports.
   
   f. Upon successful completion of the 2nd semester of the course, the student will be able to:
   
   g. Demonstrate improved performance of skills developed for successful participation from a defensive baseball standpoint.
   
   h. Develop a defensive plan based on accumulated reports.
   
   i. Develop a personal training plan to improve defensive effectiveness.
   
   j. Develop a personal defensive philosophy of baseball.

2. **Lab Learning Goals**

   *Upon satisfactory completion of the lab portion of this course, the student will be able to:*

   a. Develop and improve defensive skills needed for successful participation in collegiate baseball.
b. Evaluate personal training program used to improve defensive effectiveness.

IV. METHODS OF ASSESSMENT (TYPICAL)

A. FORMATIVE ASSESSMENT

1. Pre-test
2. Prepared demonstration of skills

B. SUMMATIVE ASSESSMENT

1. Prepared demonstration of skill(s)
2. Pre-test/post-test result for comparison of performance
3. Self-evaluation
4. Written tests
5. Class presentations and contributions