

KIN R164A: BASEBALL I

Originator

jcrawford1

College

Oxnard College

Discipline (CB01A)

KIN - Kinesiology

Course Number (CB01B)

R164A

Course Title (CB02)

Baseball I

Banner/Short Title

Baseball I

Credit Type

Credit

Start Term

Fall 2021

Formerly

PE R156A

Catalog Course Description

This is a course in beginning baseball with emphasis on cardiovascular conditioning, techniques, rules and strategies of the team game. It is an activity course designed for students to increase their knowledge, skills, and techniques of the sport of baseball. Course is offered Pass/No Pass (P/NP) at student's option. Course is offered Pass/No Pass (P/NP) at student's option. Transfer credit: CSU;UC.

Taxonomy of Programs (TOP) Code (CB03)

0835.00 - Physical Education

Course Credit Status (CB04)

D (Credit - Degree Applicable)

Course Transfer Status (CB05) (select one only)

A (Transferable to both UC and CSU)

Course Basic Skills Status (CB08)

N - The Course is Not a Basic Skills Course

SAM Priority Code (CB09)

E - Non-Occupational

Course Cooperative Work Experience Education Status (CB10)

N - Is Not Part of a Cooperative Work Experience Education Program

Course Classification Status (CB11)

Y - Credit Course

Educational Assistance Class Instruction (Approved Special Class) (CB13)

N - The Course is Not an Approved Special Class

Course Prior to Transfer Level (CB21)

Y - Not Applicable

Course Noncredit Category (CB22)

Y - Credit Course

Funding Agency Category (CB23)

Y - Not Applicable (Funding Not Used)

Course Program Status (CB24)

1 - Program Applicable

General Education Status (CB25)

Y - Not Applicable

Support Course Status (CB26)

N - Course is not a support course

Field trips

Will not be required

Grading method

Letter Graded

Alternate grading methods

Student Option- Letter/Pass
Pass/No Pass Grading

Does this course require an instructional materials fee?

No

Repeatable for Credit

No

Is this course part of a family?

No

Units and Hours

Carnegie Unit Override

No

In-Class

Lecture

Activity

Laboratory

Minimum Contact/In-Class Laboratory Hours

52.5

Maximum Contact/In-Class Laboratory Hours

52.5

Total in-Class

Total in-Class

Total Minimum Contact/In-Class Hours

52.5

Total Maximum Contact/In-Class Hours

52.5

Outside-of-Class

Internship/Cooperative Work Experience

Paid

Unpaid

Total Outside-of-Class

Total Outside-of-Class

Total Student Learning

Total Student Learning

Total Minimum Student Learning Hours

52.5

Total Maximum Student Learning Hours

52.5

Minimum Units (CB07)

1

Maximum Units (CB06)

1

Student Learning Outcomes (CSLOs)

Upon satisfactory completion of the course, students will be able to:

- | | |
|---|-------------------------------------------------------------|
| 1 | Demonstrate improved strength and conditioning for baseball |
| 2 | Identify and apply the rules of baseball in a game |

Course Objectives

Upon satisfactory completion of the course, students will be able to:

- | | |
|---|---------------------------------------------------------------------------------|
| 1 | Demonstrate an improvement in batting skill |
| 2 | Demonstrate an improvement in bunting skill |
| 3 | Perform base running drills, including sliding and stealing |
| 4 | Demonstrate a proficiency to catch and throw a baseball |
| 5 | Execute basic pitching technique |
| 6 | Execute basic game playing skills |
| 7 | Explain safety rules, rules of the game, score keeping, etiquette, and strategy |
| 8 | Operate with an increased level of cardiovascular strength and conditioning |

Course Content

Lecture/Course Content

- See Lab Content

Laboratory or Activity Content

- Warm-up
 - Stretching techniques
 - Calisthenics
 - Conditioning exercises
- Pre-test of student's skill
 - Throwing technique
 - Hitting technique and accuracy
 - Fielding techniques
- Practice time consists of:

- a. Individual and team skills and strategy in fielding, batting, and positioning
- b. Throwing and base running
- c. Team play in game situations
4. Throwing
 - a. Grip
 - b. Arm angle
 - c. Follow through
 - d. Accuracy
5. Hitting
 - a. Grip
 - b. Stance
 - c. Bat angle
 - d. Contact area
 - e. Finish
6. Fielding
 - a. Stance
 - b. Glove position
 - c. Opposite hand position
 - d. Eye and head position
7. Base running position play-infield/outfield, game strategy
 - a. Run bases
 - b. Game situation drills
8. Scorekeeping and rules
9. Post test
 - a. Drills in various skills
 - b. Test in various skills

Methods of Evaluation

Which of these methods will students use to demonstrate proficiency in the subject matter of this course? (Check all that apply):

Skills demonstrations

Methods of Evaluation may include, but are not limited to, the following typical classroom assessment techniques/required assignments (check as many as are deemed appropriate):

Journals

Skills demonstrations

Skill tests

Instructional Methodology

Specify the methods of instruction that may be employed in this course

Class activities

Class discussions

Distance Education

Demonstrations

Field trips

Guest speakers

Describe specific examples of the methods the instructor will use:

1. Instructor-led demonstration of basic baseball exercises and drills
2. Individualized and group instruction to the physical and mental aspects of the game-making corrections when necessary
3. After assessment of mechanics, the instructor shall discuss faults and cures. Specific baseball training equipment and drills will be used by individual students.
4. Scaffolding upon baseball basics, the instructor will lead students through practice drills. The students will then emulate the drills with one another in order to develop proper form, accuracy, timing, cardiovascular conditioning and stamina.
5. Video analysis will be used to emphasize physiological discrepancies and correctness

Representative Course Assignments

Writing Assignments

1. Optional journal and record keeping

Reading Assignments

1. Optional text suggested by instructor

Skills Demonstrations

1. Demonstrate baseball skills relative to course objectives

Other assignments (if applicable)

1. Students will spend an additional two hours a week practicing form and techniques

Outside Assignments

District General Education

A. Natural Sciences

B. Social and Behavioral Sciences

C. Humanities

D. Language and Rationality

E. Health and Physical Education/Kinesiology

E2. Physical Education

Approved

F. Ethnic Studies/Gender Studies

CSU GE-Breadth

Area A: English Language Communication and Critical Thinking

Area B: Scientific Inquiry and Quantitative Reasoning

Area C: Arts and Humanities

Area D: Social Sciences

Area E: Lifelong Learning and Self-Development

E Lifelong Learning and Self-Development

Approved

CSU Graduation Requirement in U.S. History, Constitution and American Ideals:

IGETC

Area 1: English Communication

Area 2A: Mathematical Concepts & Quantitative Reasoning

Area 3: Arts and Humanities

Area 4: Social and Behavioral Sciences

Area 5: Physical and Biological Sciences

Area 6: Languages Other than English (LOTE)

Textbooks and Lab Manuals

Resource Type

Other Instructional Materials

Description

Proper athletic uniform is required--Glove, cleats, bat, athletic shorts and shirt.

Resource Type

Manual

Description

Handouts by instructor, such as forms to record student skill progress or individual workout routines.

Distance Education Addendum

Definitions

Distance Education Modalities

Hybrid (51%–99% online)

Hybrid (1%–50% online)

100% online

Faculty Certifications

Faculty assigned to teach Hybrid or Fully Online sections of this course will receive training in how to satisfy the Federal and state regulations governing regular effective/substantive contact for distance education. The training will include common elements in the district-supported learning management system (LMS), online teaching methods, regular effective/substantive contact, and best practices.

Yes

Faculty assigned to teach Hybrid or Fully Online sections of this course will meet with the EAC Alternate Media Specialist to ensure that the course content meets the required Federal and state accessibility standards for access by students with disabilities. Common areas for discussion include accessibility of PDF files, images, captioning of videos, Power Point presentations, math and scientific notation, and ensuring the use of style mark-up in Word documents.

Yes

Regular Effective/Substantive Contact

Hybrid (1%–50% online) Modality:

Method of Instruction	Document typical activities or assignments for each method of instruction
Asynchronous Dialog (e.g., discussion board)	Regular use of asynchronous discussion boards will encourage various types of interaction and critical thinking skills among all course participants. Questions and topics posed will allow students to discuss, compare and contrast, identify, and analyze elements of the course content. Other discussion boards may be used for Q&A and general class discussion by students and instructor to facilitate student success and strengthen student learning outcomes.
Face to Face (by student request; cannot be required)	Instructor-led physical rehearsal of skills and strategy throughout the class period.
E-mail	E-mail, class announcements and various learning management system tools such as “Message Students Who” and “Assignment Comments”, will be used to regularly communicate with all students on matters such as clarification of class content, reminders of upcoming assignments and/or course responsibilities, to provide prompt feedback to students on coursework to facilitate student learning outcomes, or to increase the role of an individual educator in the academic lives of a student. Students will be given multiple ways to email instructor through both the learning management system inbox and district-provided email accounts.
Other DE (e.g., recorded lectures)	A variety of ADA compliant tools and media integrated within the learning management system to help students reach competency. Tools may include: recorded lectures, narrated slides, screencasts, online library resources, 3rd party (publisher-created) tools, websites and blogs, multimedia and streaming platforms like YouTube, Films on Demand, 3CMedia, Khan Academy, etc.

Hybrid (51%–99% online) Modality:

Method of Instruction	Document typical activities or assignments for each method of instruction
Asynchronous Dialog (e.g., discussion board)	Regular use of asynchronous discussion boards will encourage various types of interaction and critical thinking skills among all course participants. Questions and topics posed will allow students to discuss, compare and contrast, identify, and analyze elements of the course content. Other discussion boards may be used for Q&A and general class discussion by students and instructor to facilitate student success and strengthen student learning outcomes.
Synchronous Dialog (e.g., online chat)	A set time each week may be provided when the instructor is available for synchronous chat to answer questions.
Face to Face (by student request; cannot be required)	Instructor-led physical rehearsal of skills and strategy throughout the class period.
Other DE (e.g., recorded lectures)	A variety of ADA compliant tools and media integrated within the learning management system to help students reach competency. Tools may include: recorded lectures, narrated slides, screencasts, online library resources, 3rd party (publisher-created) tools, websites and blogs, multimedia and streaming platforms like YouTube, Films on Demand, 3CMedia, Khan Academy, etc.
E-mail	E-mail, class announcements and various learning management system tools such as “Message Students Who” and “Assignment Comments”, will be used to regularly communicate with all students on matters such as clarification of class content, reminders of upcoming assignments and/or course responsibilities, to provide prompt feedback to students on coursework to facilitate student learning outcomes, or to increase the role of an individual educator in the academic lives of a student. Students will be given multiple ways to email instructor through both the learning management system inbox and district-provided email accounts.

100% online Modality:

Method of Instruction	Document typical activities or assignments for each method of instruction
Asynchronous Dialog (e.g., discussion board)	Regular use of asynchronous discussion boards will encourage various types of interaction and critical thinking skills among all course participants. Questions and topics posed will allow students to discuss, compare and contrast, identify, and analyze elements of the course content. Other discussion boards may be used for Q&A and general class discussion by students and instructor to facilitate student success and strengthen student learning outcomes.
Synchronous Dialog (e.g., online chat)	A set time each week may be provided when the instructor is available for synchronous chat to answer questions.
Other DE (e.g., recorded lectures)	A variety of ADA compliant tools and media integrated within the learning management system to help students reach competency. Tools may include: recorded lectures, narrated slides, screencasts, online library resources, 3rd party (publisher-created) tools, websites and blogs, multimedia and streaming platforms like YouTube, Films on Demand, 3CMedia, Khan Academy, etc.
E-mail	E-mail, class announcements and various learning management system tools such as "Message Students Who" and "Assignment Comments", will be used to regularly communicate with all students on matters such as clarification of class content, reminders of upcoming assignments and/or course responsibilities, to provide prompt feedback to students on coursework to facilitate student learning outcomes, or to increase the role of an individual educator in the academic lives of a student. Students will be given multiple ways to email instructor through both the learning management system inbox and district-provided email accounts.
Video Conferencing	Video tools such as ConferZoom may be used to provide live synchronous or asynchronous sessions with students. ADA compliance will be upheld with Closed Captioning during the session or of the recorded session. Student-to-student group meetings will also be encouraged.

Examinations**Hybrid (1%–50% online) Modality**

On campus

Hybrid (51%–99% online) Modality

On campus

Primary Minimum Qualification

PHYSICAL EDUCATION

Review and Approval Dates**Department Chair**

09/08/2020

Dean

09/08/2020

Technical Review

10/14/2020

Curriculum Committee

10/14/2020

Curriculum Committee

11/25/2020

CCCCO

MM/DD/YYYY

Control Number

CCC000213984

DOE/accreditation approval date

MM/DD/YYYY