

# KINC 138: OFF SEASON CONDITIONING FOR VARSITY BASEBALL

## Citrus College Course Outline of Record

Heading	Value
Effective Term:	Fall 2021
Credits:	1
Total Contact Hours:	54
Lab Hours:	54
Hours Arranged:	0
Prerequisite:	Must be a college varsity athlete/ college varsity prospect or with coaches' permission.
Transferable to CSU:	Yes
Transferable to UC:	No
Grading Method:	Standard Letter, Pass/No Pass

## Catalog Course Description

This course provides intermediate and advanced instruction and practice in the skills and strategies of varsity baseball. This course may be taken four times. 54 lab hours.

## Course Objectives

- Execute advanced skill techniques required to participate on the intercollegiate level.
- Demonstrate an understanding of the rules of the game of a particular sport.
- Demonstrate the use of proper attitude regarding team cooperation, sportsmanship, coach-ability, and competitiveness during off season practice and competition.
- Demonstrate a higher level of health-related fitness (cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition).
- Demonstrate awareness of diverse cultures and apply sensitivity, respect, and empathy toward others through direct interaction with others during training and off season competition

## Major Course Content

All lab content.

## Lab Content

1. Weight Training
  - a. Plyometrics
  - b. Core Training
  - c. Circuit Training
  - d. Progressive Resistance
2. Aerobic Conditioning
3. Individual Skill Development
4. Strategies for Offense
5. Strategies for Defense

6. Attitude and Work Ethic

7. Rules

## Suggested Reading Other Than Required Textbook

Student Athlete Handbook, Instructor Handouts or Coaches Playbook

## Examples of Required Writing Assignments

Offensive Strategies Defensive Strategies

## Examples of Outside Assignments

Physical skill improvement to participate in a competitive collegiate environment.

## Instruction Type(s)

Lab, Online Education Lab