

KINC 224: MEN'S VARSITY BASEBALL

Citrus College Course Outline of Record

Heading	Value
Effective Term:	Fall 2021
Credits:	2
Total Contact Hours:	108
Lab Hours:	108
Hours Arranged:	0
Outside of Class Hours:	0
Strongly Recommended:	Advanced baseball skills to participate in a competitive collegiate experience.
Transferable to CSU:	Yes
Transferable to UC:	Yes - Approved
Grading Method:	Standard Letter, Pass/No Pass

Catalog Course Description

Intercollegiate competition in men's varsity baseball. This course may be taken four times. 108 lab hours.

Course Objectives

- understand the value of organic power and the biokinetic links needed to perform at a collegiate level of baseball
- demonstrate the skills necessary for enjoyment of the game of baseball
- Understand and apply concepts of group dynamics in attempting to reach a common athletic goal
- analyze and apply game strategies

Major Course Content

All lab content.

Lab Content

Men's Varsity Baseball includes instructor guided practice and demonstration in the following content areas:

1. Introduction to the Biokinetic Movements of the Swing and Throw
 - a. Swing
 - i. natural progression from the ground upward
 - ii. toe, heel, knee, hips, bottom hand, top hand, shoulders
 - b. Throw
 - i. rotational preparation to directional movement
 - ii. alignment, rocker step, coil, separation of hands, stride, release, follow through
2. Individual Skill Instruction
 - a. Offense
 - i. execution techniques
 - ii. hitting plan
 - iii. base running skills
 - b. Defense

- i. communication
- ii. area specific drills
 1. pitcher
 2. catcher
 3. infielders
 4. outfielders
- iii. team defense
 1. relays
 2. bunt defense
 3. double steal defense
 4. defense of stolen base/pickoffs
- c. Throwing Technique
 - i. footwork and alignment
 - ii. arm action
 - iii. release and follow through
 - iv. evaluate rotation
3. Team Goals
 - a. Offensive percentages
 - b. Defensive percentages
 - c. Pitching percentages
 - d. Individual relationship to percentages
4. Game Strategy
 - a. Automatics
 - b. Signals
 - c. Scouting reports
 - d. Charts
5. Mental Preparation
 - a. Relaxation and breathing technique
 - b. Self-control methods
 - c. Mental imagery
 - d. Pre-performance routines
6. Strength and Cardiovascular Preparation
 - a. Specific off-season strength program developed to the individual needs of the athlete.
 - b. Cardiovascular Circuit Training to maintain fitness level
7. Competition
 - a. Conference Competition
 - b. Post Conference Competition
 - c. Rules of play

Suggested Reading Other Than Required Textbook

NCAA Rulebook and Instructor Handouts

Examples of Required Writing Assignments

Complete written summaries of team offenses and defenses and various types of game strategies.

Examples of Outside Assignments

Practice skills. Participate in activities related to course lab. The student is expected to observe high level competition, analyze these performances and attempt to apply the observations in competition.

Instruction Type(s)

Lab, Online Education Lab