

# KINC 235: INTERCOLLEGIATE 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
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 for men's varsity baseball. This course may be taken four times. 54 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

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

## Suggested Reading Other Than Required Textbook

NCAA Rule Book/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