

INTERCOLLEGIATE BASEBALL

**ATH 150
SPRING 2013**

INSTRUCTOR: JIM MECATE
OFFICE: 705 HOURS: M,T,W,TH 12-1PM
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CLASS DAYS & TIMES: M-F, 1:30-3:30 PM

REQUIRED TEXT: NONE
CREDIT UNITS: 2.0

I. COURSE DESCRIPTION

This course is designed for those students trying out for the varsity team. This course will prepare the students for an intense level of intercollegiate competition, developing teamwork, intellect and personal growth.

II. COURSE OBJECTIVES

1. To develop sufficient levels of skill to be competitive for intercollegiate athletic competition.
2. To develop teamwork
3. To develop intellect
4. To develop personal growth

III. STUDENT LEARNING OUTCOMES

1. Perform with an increasing degree of proficiency, the offensive skills and techniques of competitive baseball
2. Perform with an increasing degree of proficiency, the defensive skills and techniques of competitive baseball

III. COURSE OUTLINE

	<u>MONDAY</u>	<u>THRU</u>	<u>FRIDAY</u>
Week 1: 1/3	Holiday	1/4	Workout
Week 2: 1/7	Workout	1/11	Workout
Week 3: 1/14	Workout	1/18	Workout
Week 4: 1/21	Holiday	1/25	Workout
Week 5: 1/28	Workout	2/1	Workout
Week 6: 2/4	Workout	2/8	Holiday
Week 7: 2/11	Workout	2/15	Workout
Week 8: 2/18	Holiday	2/22	Workout
Week 9: 2/25	Workout	3/1	Workout
Week 10: 3/4	Workout	3/8	Workout
Week 11: 3/11	Workout	3/15	Workout
Week 12 3/18	Workout	3/22	Workout
Week 13: 3/25	Workout	3/29	Workout
Week 14: 4/8	Workout	4/12	Workout
Week 15: 4/15	Workout	4/19	Workout
Week 16: 4/22	Workout	4/26	Workout

IV. GRADING

A. The final grade will be based on total points accumulated as follows:

1. Attendance 100 points

B. Grading Scale: 100 - 90% = A
89 - 80% = B
79 - 70% = C
69 - 60% = D

V. ATTENDANCE POLICY

You are allowed two absences; a third absence will result in your being dropped from the class. Three tardies equal one absence. Any student with a documented disability who may need educational accommodations should notify the instructor or the Disabled Student Programs and Services (DSP&S) office as soon as possible: DSP&S, Room 2117, Health Services Building, (760) 355-6312