# THEORY OF BASEBALL Fall 2013

P.E. 200

CLASS DAYS & TIMES: T&TH, 1:30-3:30 PM

INSTRUCTOR: JIM MECATE 705 (Hours: M,W = 10-11:30AM; T,TH = 10-11AM) **OFFICE:** 

PHONE: 355-6341

**REQUIRED TEXT: CREDIT UNITS:** 

NONE 2

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#### I. COURSE DESCRIPTION

This course is designed to teach the fundamentals of the game of baseball. Three major areas will be covered: Pitching mechanics and philosophies, offensive/defensive skills, and off/def plays. The class will also cover team play and drills, as well as the rules of the game.

### **II. COURSE OBJECTIVES**

- 1. To understand pitching strategies
- 2. To develop proper pitching mechanics
- 3. To develop proper hitting mechanics

# **III. Student Learning Outcomes**

- 1. Demonstrate appropriate offensive baseball strategy
- 2. Demonstrate appropriate defensive baseball strategy

IV. COURSE OUTLINE	Tuesday		Thursday
Week 1 9/24	Jumps, Pre-game, Relays,1 <sup>st</sup> & 3 <sup>rd</sup> Def.	9/26	Pitching Mechanics / Bunt Defense
Week 2 10/1	4-Way Pick, Rundowns	10/3	Multify
Week 3 10/8	Hitting Mechanics, Tee	10/10	Baserunning, 1st & 3 <sup>rd</sup> Offense
Week 4 10/15	Def. Skills, Phaseball	10/17	4 -Way Bunt
Week 5 10/22	Review Defense / Pressure Infield	10/24	Circuit
Week 6 10/29	Review Defense / Pressure Defense	10/31	Oppo-Hitting
Week 7 11/5	4-Way Pick, Rundowns	11/7	Game Situations
Week 8 11/12	Review Defense / Pressure Defense	11/14	Game Situations
Week 9 11/19	Review Defense & Offense	11/21	Final Exam

### V. MATERIALS NEEDED

- 1. Hitters = Tee and bag of 25 baseballs
- 2. Pitchers = Stretch cord

### **VI. GRADING**

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

1. Participation = 70 points 2. Final Exam = 30 points 100 points

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

### VII. ATTENDANCE POLICY

1. No more than two absences permitted. A third absence will cause you to be dropped from the class.

2. Three tardies will be equivalent to 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 Sciences Building (760) 355-6312

- 4. To develop proper fielding mechanics 5. To understand defensive plays
- 6. To understand offensive plays