

I. COURSE INFORMATION

- A. Health and Physical Education 211 Fundamentals of Baseball
- B. 3 credit hours
- C. No textbook required
- D. Prerequisites: None

II. COURSE DESCRIPTION

This course is designed to develop coaching techniques from the basic fundamentals of individual/team offense and defense. In addition, the course is designed primarily for those interested in coaching baseball and may enrich the knowledge of future spectators. A brief history of the sport will be provided as well as a clear and concise explanation of the major rules that comprise the game of baseball.

III. LEARNING OUTCOMES

- A. Describe the history of baseball
- B. Associate and create one's own philosophy of baseball
- C. Explain the concept of baseball
- D. Discover the aspects hitting, pitching, catching and defense
- E. Illustrate the rules of the game
- F. Identify the different situations that the game of baseball will present
- G. Research the fundamentals found within the game

IV. MAJOR CONTENT AREAS

- A. History of baseball
- B. Hitting philosophy
- C. Pitching philosophy and plan
- D. Development and execution of daily practice plans
- E. Game like situations
- F. Offensive signs

V. ASSIGNMENTS

- A. Writing assignments
- B. Hitting philosophy assignment
- C. Pitching philosophy assignment
- D. Practice plans
- E. Offensive signs and presentation
- F. Final presentation

VI. EVALUATION METHODS

- A. Attendance and participation
- B. Discussions
- C. Writing assignments
- D. Worksheets and activities
- E. Final presentation