

THEORY OF BASEBALL
P.E. 200 Fall 2012

INSTRUCTOR: JIM MECATE **CLASS DAYS & TIMES:** T&TH, 1:30-3:30 PM
OFFICE: 705 (HOURS: M,W = 10-11:30AM; T,TH = 10-11AM)
PHONE: 355-6341 **REQUIRED TEXT:** NONE
E-MAIL: jim.mecate@imperial.edu **CREDIT UNITS:** 2

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

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| 1. To understand pitching strategies | 4. To develop proper fielding mechanics |
| 2. To develop proper pitching mechanics | 5. To understand defensive plays |
| 3. To develop proper hitting mechanics | 6. To understand offensive plays |

III. Student Learning Outcomes

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

IV. COURSE OUTLINE

	<u>Tuesday</u>		<u>Thursday</u>
Week 1 9/18	Def. Eval., D-Skills, Pre-game	9/20	Def. Eval., D-Skills, Pre-game
Week 2 9/25	Def. Eval., D-Skills, Pre-game	9/27	Off. Eval., Hit. Mech., Tee
Week 3 10/2	1 st & 3 rd Def., Relays	10/4	Baserunning, 1st & 3 rd Offense
Week 4 10/9	4-Way Pick, Phaseball	10/11	Circuit
Week 5 10/16	Bunt Defense	10/18	Circuit
Week 6 10/23	Rundowns	10/25	Game Situations
Week 7 10/30	Multitify	11/1	Game Situations
Week 8 11/6	Jumps	11/8	Pressure Defense
Week 9 11/13	Pressure Infield	11/15	Final Exam

V. MATERIALS NEEDED

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

VI. GRADING

A. The final grade will be 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

