

WEST LOS ANGELES COLLEGE

KINESIOLOGY ATHLETICS 557

Intercollegiate Baseball Fitness & Skills Training

Section #: 2295 **Units:** 1

Location: Westchester Babe Ruth League field; Culver City High School; Southwest LA College; West LA College Football field; Bill Botts Park; West LA College Parking Lots; Westchester Playground; Open Lot in Playa Del Rey

Day: M-TH **Time:** 1:30-4:05 **Semester:** Winter 2014

Instructor: Robert Grant **Office Hours:** M-TH Noon- 1 PM or by appointment

Telephone: (310) 287-4536 **E-Mail:** grantrt@Wlac.edu

Course Description:

This course is designed to prepare the student athlete for intercollegiate baseball

Reference guides: Kerlan-Jobe handbook; Los Angeles Dodgers Conditioning Guide

Student Learning Objective:

- 1) The student will learn baseball techniques that emphasize safety and injury prevention.
- 2) The student will gain knowledge in physical fitness for use in baseball.
- 3) The student will learn offensive and defensive strategies used in baseball.
- 4) The student will have a better understanding of the rules used in baseball.

Course Outline:

Week 1: Introduction to baseball conditioning with points of emphasis on safety and injury prevention.

Weeks 1-4: Physical conditioning to gain strength, quickness and endurance.

Weeks 1-4: Learn baseball strategies for offense and defense through drills.

Week 5: Final exam

Grades:

90% - 100% A

80% - 89% B

70% - 79% C

60% - 69% D

0% - 59% F

Evaluation

Attendance 33%

Participation 33%

Final Exam 33%

Proper Attire:

- 1) Baseball shoes or Tennis shoes
- 2) Athletic shorts, baseball pants or sweatpants
- 3) T-shirts with sleeves or baseball sweatshirts
- 4) Please bring a towel with you

Drops:

The instructor will follow college policy regarding drops.

Last day to drop with refund— Jan. 8, 2014

Last day to drop w/o W – Jan. 8, 2014

Last day to drop with W—Jan 31, 2014

Comments:

The student is expected to be prepared to work out in proper attire. Texting and cell phones will not be tolerated during class. Please respect all others in class.