

SEWARD COUNTY COMMUNITY COLLEGE COURSE SYLLABUS

I. TITLE OF COURSE: PEB1151- Varsity Athletics I - Baseball

II. COURSE DESCRIPTION: 1 credit hours
0 credit hours of lecture and 1 credit hours of lab per week.

The course will involve daily practice before a matches and/or game. The course will also involve participating in collegiate games and/or matches in accordance with the NJCAA, Jayhawk Conference and the guidelines of the SCCC Athletic Department. Players will gain competitive skills and improve skills that they already possess by competing against competition at the collegiate level.

For each unit of credit, a minimum of three hours per week with one of the hours for class and two hours for studying/preparation outside of class is expected.

Pre-requisite: None

III. PROGRAM AND/OR DEPARTMENT MISSION STATEMENT:

The Seward County Community College physical education program will broaden the understanding of fitness for life by providing general education, appropriate technology, and professional development opportunities that promote a healthy lifestyle.

IV. TEXTBOOK AND MATERIALS:

[Text_Mat]

V. SCCC OUTCOMES

Students who successfully complete this course will demonstrate the ability to do the following SCCC Outcomes.

5: Demonstrate the ability to think critically by gathering facts, generating insights, analyzing data, and evaluating information

7: Understand each other, moving beyond simple acceptance to embracing and celebrating the rich dimensions of diversity by working as a team to learn, engaging with community, exhibiting cultural awareness, and creating equity.

VI. COURSE OUTCOMES:

1. To provide the opportunity to learn the fundamental skills of the game.
2. To provide the opportunity to learn the theories and behaviors necessary in competing and improving in a team sport.
3. To provide the opportunity to learn various strategies involved in the game that can be applied at the collegiate level.
4. To provide the opportunity to develop the necessary physical, mental and emotional conditioning that is necessary to be able to compete at the collegiate level.

VII. COURSE OUTLINE:

1. Weight Training and Conditioning
2. Running
3. Jumping
4. Lateral Movement

5. Passing
6. Catching
7. Defending
8. Game Strategies

VIII. INSTRUCTIONAL METHODS:

1. Lecture
2. Demonstration and explanation
3. Participation
4. Practice supervision

IX. INSTRUCTIONAL AND RESOURCE MATERIALS:

1. Weight lifting: free weights and various machine equipment
2. Aerobic machines: bikes, treadmills, steppers, tracks, etc.
3. Interval Cardiovascular Conditioning
4. Equipment related to the game
5. Video tapes and related equipment
6. Baseball Field

X. METHODS OF ASSESSMENT:

SCCC Outcome #5 will be assessed and measured by the player's ability to adapt to their basketball game to that of their opponent.

SCCC Outcome #7 will be assessed and measured by their communication with the other team members that may have a different culture or religion.

XI. ADA STATEMENT:

Under the Americans with Disabilities Act, Seward County Community College will make reasonable accommodations for students with documented disabilities. If you need support or assistance because of a disability, you may be eligible for academic accommodations. Students should identify themselves to the Dean of Students at 620-417-1106 or going to the Student Success Center in the Hobbie Academic building, room 149 A.