

## LABETTE COMMUNITY COLLEGE BRIEF SYLLABUS

**SPECIAL NOTE:**

This brief syllabus is not intended to be a legal contract. A full syllabus will be distributed to students at the first class session.

**TEXT AND SUPPLEMENTARY MATERIALS USED IN THE COURSE (if any):**

Please check with the LCC bookstore <http://www.labette.edu/bookstore> for the required texts for this class.

**COURSE NUMBER:** PED 140

**COURSE TITLE:** THEORY OF COACHING BASEBALL

**SEMESTER CREDIT HOUR:** 3

**DEPARTMENT:** Physical Education

**DIVISION:** General Education

**PREREQUISITE:** None

**COURSE DESCRIPTION:**

Discussion and participation in pre-season and in-season training methods, skill development, and administrative principles in coaching of baseball.

**COURSE UTCOMES AND COMPETENCIES:**

**Students who successfully complete this course will be able to:**

1. Exhibit knowledge in various parts of the sport including game and practice strategies.

- Describe and present defensive cutoff alignments.
- Compile knowledge of run-down defense situations.
- Describe bunt defense, straight steals, and first and third situations and strategies for practice and games.

2. Acquire knowledge of pre-season through in-season condition and organization of practices.

- Design and implement baseball specific pre-season workouts (weight training and cardiovascular training).
- Design and implement baseball specific in-season workouts (weight training and cardiovascular training).