

PE 47M: Intercollegiate Baseball

De Anza College

Year: Spring 2019

Units: 1.5 Quarter Units

Class: PE 47M

Instructor: Erick Raich

Office Location: PE 41-F

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Class Information

Length: 12 Weeks (4/8/2019 to 6/28/2019)

Location: Baseball Field

Time: 1:30PM - 2:45PM

Drop Course Deadline: 4/21/2019 (W/O - W) or 5/31/2019 (With - W)

Course Purpose

The main purpose of this class is to teach students skills and techniques for the game of baseball. In the end, each student should be able to master the skills of offense, defense, base running and overall knowledge of the game of baseball.

Course Description

A study of the nature of baseball, survey of skills employed in baseball and explanation of evaluation methodology for baseball, as well as the use of research and evaluation methods in baseball. Topics include identification of skills for improvement, use of resources for learning, data gathering, processing and evaluation of players skills.

Expectations

1. Spring Quarter players need to be enrolled in Intercollegiate Baseball - CRN #: 42857
2. Pay for all classes or you will get dropped. BOG Waivers for Financial Aid.
3. Parking Passes - You will get ticketed.
4. New players need to complete a Pre-Physical, Physical and Impact Test
5. Physicals: Coordinate with Tiana and Dave in Training Room
6. IMPACT Test: Coordinate with Tiana and Dave in Training Room

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7. Go to all classes, do all work, be accountable. If not you will be assigned to Study Hall.

Student Learning Outcomes

Apply knowledge of basic fitness concepts as they apply to health and wellness. Perform the techniques, strategies, mental and physical skills of baseball with an increasing degree of proficiency.

Practices & Weight Training

1. Early outs are at 1:00PM for field set up and habituais.
 2. Stretch at 1:30PM
 3. Weight Training will be Monday, Wednesday from 8:00AM - 9:00AM.
 4. Rainy days we will be in gym, weight room, or cages. WE WILL PRACTICE.
 5. Players should not miss practice unless cleared by coaching staff or absolute emergency.
 6. Any unexcused absence from practice day before game, player will not compete in that game.
 7. Players need to be dressed in baseball attire: baseball pants, shirts tucked in, baseball belt, baseball socks, cleats and turf/tennis shoes.
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Spring Games

1. We have 40 game schedule - Schedule is on website
 2. Not all players will travel
 3. Playing time is not guaranteed
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On Field & Social Media

1. Be responsible off the field - you will be disciplined for any off-field actions that are irresponsible, illegal, or not in our code of conduct.
 2. Social Media - Facebook, Twitter, Instagram, etc, you will be disciplined for any postings that are irresponsible, illegal or not in our code of conduct.
 3. Remember you represent De Anza College on and off the field along with who you are character wise.
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Assessment and Grading

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Requirement	Unit Value	Total Points	Weight of Final Grade
Skill Development	40	40	40%
Proper Attire	20	20	20%
Assignments	20	20	20%
Weight Training	20	20	20%

Grade	Percent	Points	Description
A	90-100%	90-100	Excellent/Exemplary
B	80-89%	80-89	Very Good
C	70-79%	70-79	Acceptable
D	60-69%	62-69	Unsatisfactory
F	Below 60%	Below 60	Failure