**Fall 2013-PE 30 C (Off-Season Conditioning for Baseball)**

**Class Meets:** MW 2-3:15, TTH 3:00-4:15 F TBA

**Instructor: Steve Pearse (office hours-mornings by appt.) men’s locker room, email-steve.pearse@reedleycollege.edu, phone# 638-0394**

**Course Description:** Course is designed to improve physical conditioning and skills in preparation for competitive Baseball. Psychological skills and techniques will also be utilized. Students in this course must perform at the intercollegiate level. **Enrollment and participation in this course DOES NOT guarantee student will compete on the Reedley College Baseball team.**

**Prerequisites:** None

**Course Objectives:** To physically and psychologically prepare the student-athlete for the rigors and demand of intercollegiate Baseball. For students to learn and demonstrate techniques and strategies used during intercollegiate competition.

**Course Outcomes:** Students will have the ability and a better understanding of various offensive and defensive techniques used in intercollegiate Baseball, from both individual and team concepts. Students will also possess a basic understanding of offensive and defensive strategy used during intercollegiate competition.

**Accommodations for Students with Disabilities:** If you have special verified needs as addressed by the Americans with Disabilities Act (ADA), or section 504 of the Rehabilitation Act, please notify me immediately (Braille, Large print, electronic text). In addition, please contact our DSP&S office at 638-0332.

**Class Requirements:** Be on time, dress appropriately (Spikes and running shoes, and workout apparel, NO JEANS) be courteous with other classmates. Inform instructor of any preexisting medical conditions. Report all injuries to instructor. **Safety is a concern at all times.**

**Grading Procedures:** 2 evaluations, activity participation, assignments, quizzes

**Tentative Class Schedule/Outline**

**Week 1-3:** Class Introduction/SARP/Conditioning

**Week 4-6:** Fundamental work/Conditioning, Individual Skill Development

**Week 7-9:** Team Defense/Conditioning, assessment of games

**Week 10-12:** Team Offense/Conditioning, assessment of games **Week 13-15:** Evaluations/Games

**Important Dates**

**Aug. 23: Last day to drop a full term class for refund**

**Sept. 1: Last day to drop a full term class to avoid a “W” on web advisor**

**Sept. 14: Last day to change to Pass/No Pass grading**

**Oct. 11: Last day to drop a full term class (letter grades assigned after this date)**

**Dec. 9-13: Final Exams**