PE 30D BASEBALL TRAINING SYLLABUS-FALL 2021

INSTRUCTOR: Anthony Essien   **OFFICE HOURS:** W 10-10:50AM   TH 10-10:50AM
EMAIL: anthony.essien@reedleycollege.edu   **OFFICE:** Men's Locker Room
PHONE: 494-3000 ext. 3644   **CLASS:** M/W 2-4:15PM; T/TH 2-3:50PM; F 7-7:50AM
MEETING ROOM: Baseball Field

COURSE DESCRIPTION: This course involves Baseball training, skill development, knowledge, strategy, and appreciation. It is intended for students with Varsity High School experience (or equivalent) who are preparing for competitive Intercollegiate Baseball.

COURSE OBJECTIVE: This course is designed for students to use proper and safe practice drills, demonstrate proper techniques related to specific positions, demonstrate a basic knowledge of teamwork, and understand the rules/policies determined by the Commission on Athletics and the Assistant Baseball Coach/Instructor.

COURSE OUTCOMES: Students will be able to assess their own skill levels within the context of intercollegiate baseball. Students will be able to plan, implement, and practice appropriate Baseball drills that promote improved levels of performance during Non-Traditional Intercollegiate Baseball season.

RECOMMENDED BOOK: The Baseball Playbook (Polk, 1999)

ACCOMODATIONS FOR STUDENTS WITH DISABILITIES: If you have special verified needs addressed by the Americans with Disabilities Act (ADA), or section 504 of the Rehabilitation Act, please contact me as soon as possible.

CLASS RULES: Attendance is extremely important. Points will be deducted for each absence. Proper practice uniforms will be worn to all scheduled classes. Students are responsible for everything issued to them. Lockers are available in the Athletics Locker Room. Report all injuries to coach/ trainer immediately. Report any potentially dangerous conditions you come across to instructor.

GRADING PROCEDURES: Participation-60%   Exams and Quizzes-20%   Skill Demonstrations-20%
90% - 100% = **A**   80% - 89% = **B**   70% - 79% = C   60% - 69% = **D**   59% & below = **F**

IMPORTANT DATES:
August 20: Last day to drop a full-term class for refund.
August 27: Last day to register & last day to drop to avoid a "W" in person
October 8: Last day to drop a full-term class (letter grade assigned after this date).
December 3: Last day of Instruction
December 6-10: Final Examinations