

Baseball Syllabus

Instructor: Joseph Cascione

Office Hours:

Email: cascioj@lamission.edu

9:00-12:00 Tues/Thurs.

Title of Course

9:00-12:00 Friday

Baseball

Course Description

This class will include basic concepts to enhance the skill levels of baseball activities. Proper techniques to fielding and throwing a baseball in addition to hitting a baseball will be introduced. Stretching exercises will be included to enhance cardiovascular conditioning and flexibility.

Student Learning Outcome

Students will be able to recognize and apply basic baseball concepts to proper baseball activities. Students will be able to perform baseball related skills to a game situation.

Course Objective

At the conclusion of the course, the student will:

1. Be able to perform basic skill levels in hitting, fielding and throwing a baseball.
2. Be able to perform basic skill levels in base running.
3. Be able to apply baseball concepts to a game situation.

Grading Procedures

1. 90% of grade- will be class participation
2. 10% of grade- will be skills testing

Class Schedule

Monday/Wednesday

7:30-9:05 Fitness Center

9:05-10:30 Fitness Center

10:30-12:05 Basketball Court