

# Glendale College Course Outline of Record Report

Course ID 003037  
Revision - November 2025

## ATHPE104 : Off-Season Training for Baseball

### General Information

Author:	• Erin Calderone
Course Code (CB01) :	ATHPE104
Course Title (CB02) :	Off-Season Training for Baseball
Department:	ATHPE
Proposal Start:	Fall 2026
TOP Code (CB03) :	(0835.50) Intercollegiate Athletics
CIP Code:	(31.0501) Sports, Kinesiology, and Physical Education/Fitness, General.
SAM Code (CB09) :	E - Non-Occupational
Distance Education Approved:	No
Will this course be taught asynchronously?:	No
Course Control Number (CB00) :	CCC000328947
Curriculum Committee Approval Date:	11/12/2025
Board of Trustees Approval Date:	12/09/2025
Last Cyclical Review Date:	08/01/2020
Course Description and Course Note:	ATHPE 104 provides instruction and practice for intercollegiate baseball, focusing on fundamental techniques of competitive baseball. This course is designed to provide further advancement in fundamental skill, team strategies, effective communication, and conditioning for intercollegiate competition. Note: ATHPE 104 is off-season training for students who are interested in competing on the intercollegiate baseball team. Note: May be taken 4 times for credit.
Justification:	Content Change
Academic Career:	• Credit
Mode of Delivery:	No value
Author:	No value
Course Family:	No value

### Academic Senate Discipline

Primary Discipline:	• Coaching
Alternate Discipline:	No value
Alternate Discipline:	No value

## Course Development

### Basic Skill Status (CB08)

Course is not a basic skills course.

Allow Students to Gain Credit by Exam/Challenge

### Course Special Class Status (CB13)

Course is not a special class.

### Pre-Collegiate Level (CB21)

Not applicable.

### Grading Basis

- Grade with Pass / No-Pass Option

### Course Support Course Status (CB26)

Course is not a support course

## General Education and C-ID

### General Education Status (CB25)

Not Applicable

### Transferability

Transferable to both UC and CSU

### Transferability Status

Approved

### CSU GE-Breadth Area

E-Lifelong Learning and Self-Development

### Area

Lifelong Learning and Self-Development

### Status

Approved

### Approval Date

No value

### Comparable Course

No Comparable Course defined.

### GCC General Education Requirements

Area 8: Lifelong Learning

### Area

Lifelong Learning

### Status

Pending

### Approval Date

No value

### Comparable Course

No Comparable Course defined.

## Units and Hours

### Summary

#### Minimum Credit Units (CB07)

2

#### Maximum Credit Units (CB06)

4

#### Total Course In-Class (Contact) Hours

90 -  
180

#### Total Course Out-of-Class Hours

18 -  
36

#### Total Student Learning Hours

108 -  
216

### Credit / Non-Credit Options

#### Course Type (CB04)

Credit - Degree Applicable

#### Noncredit Course Category (CB22)

Credit Course.

#### Noncredit Special Characteristics

No Value

**Course Classification Code (CB11)**

Credit Course.

Variable Credit Course

**Funding Agency Category (CB23)**

Not Applicable.

Cooperative Work Experience Education

Status (CB10)

**Weekly Student Hours**

	In Class	Out of Class
Lecture Hours	0.5 - 1	1 - 2
Laboratory Hours	4.5 - 9	0
Studio Hours	0	0

**Course Student Hours**

<b>Course Duration (Weeks)</b>	18
<b>Hours per unit divisor</b>	54
<b>Course In-Class (Contact) Hours</b>	
Lecture	9 - 18
Laboratory	81 - 162
Studio	0
<b>Total</b>	90 - 180
<b>Course Out-of-Class Hours</b>	
Lecture	18 - 36
Laboratory	0
Studio	0
<b>Total</b>	18 - 36

**Time Commitment Notes for Students**

No value

**Units and Hours - Weekly Specialty Hours**

Activity Name	Type	In Class	Out of Class
No Value	No Value	No Value	No Value

**Prerequisites, Corequisites, Recommended Corequisites, and Recommended Preparation**

No Value

**Entry Standards**

Entry Standards	Description
Perform throwing, catching and/or hitting skills appropriate for intercollegiate baseball.	No Value

Define National Collegiate Athletic Association (NCAA) baseball rules.	No Value
Participate in rigorous physical activity.	No Value
Participate and interact in a team environment.	No Value
Display positive personal behaviors to enhance team dynamics.	No Value

### Course Limitations

Cross Listed or Equivalent Course	Description
No value	No value

### Requisite Validation

<b>Upload Statistical Validation and/or other documents (if necessary)</b>
No Value

### Specifications

<b>Methods of Instruction</b>	
Methods of Instruction	Lecture
Methods of Instruction	Laboratory
Methods of Instruction	Discussion
Methods of Instruction	Multimedia

<b>Methods of Instruction</b>	Collaborative Learning
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<b>Methods of Instruction</b>	Demonstrations
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<b>Methods of Instruction</b>	Guest Speakers
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<p><b>Out of Class Assignments</b></p> <ul style="list-style-type: none"> <li>• Evaluation of skills during simulated games and practices</li> <li>• Setting individual standards</li> <li>• Evaluation of video</li> <li>• Statistical scouting.</li> </ul>
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<b>Methods of Evaluation</b>	<b>Description of Activity/Interaction</b>
Exam/Quiz/Test	Skill assessment
Evaluation	Demonstration evaluations
Activity (answering journal prompt, group activity)	Elimination contests
Exam/Quiz/Test	Written exams

<p><b>Textbook Rationale</b></p> <p>No Value</p>
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<b>Textbooks</b>				
<b>Author</b>	<b>Title</b>	<b>Publisher</b>	<b>Date</b>	<b>ISBN</b>
No Value	No Value	No Value	No Value	No Value

<b>Other Instructional Materials (i.e. OER, handouts)</b>	
<b>Description</b>	Instructor-generated reading materials
<b>Author</b>	No value
<b>Citation</b>	No value
<b>Online Resource(s)</b>	No value

<b>Learning Outcomes</b>
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## Course Objectives

Identify and analyze concepts of individual strategies.

Identify and analyze concepts of team strategies.

Utilize and apply film analysis and simulated game situations for competition.

Show advanced collegiate level skills.

Review and practice offensive schemes.

Review and practice defensive schemes.

Breakdown and apply practical and general knowledge of the game of baseball.

Model and apply practical and general knowledge of rules and decorum policies.

Integrate conditioning and weight training into daily practices.

Recognize the role of nutrition in athletic performance.

Demonstrate the ability to work with a team as a unit and develop team concepts.

## SLOs

**Demonstrate and apply safety rules and procedures to effectively participate in a physical movement environment.** Expected Outcome Performance: 70.0

*ILOs* Core ILOs Analyze and solve problems using critical, logical, and creative thinking; ask questions, pursue a line of inquiry, and derive conclusions; cultivate creativity that leads to innovative ideas.

Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or methodologies to solve unique problems.

*ATHPE* Core PLOs Demonstrate and apply safety rules and procedures to effectively participate in physical movement.

**Integrate and execute advanced cooperative skills needed to perform at a high level of play.**

Expected Outcome Performance: 70.0

*ILOs* Analyze and solve problems using critical, logical, and creative thinking; ask questions, pursue a line of inquiry, and derive conclusions; cultivate creativity that leads to innovative ideas.  
 Core  
*ILOs*

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Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or methodologies to solve unique problems.

*ATHPE* Integrate and execute advanced cooperative skills needed to perform at a high level of play.  
 Core  
*PLOs*

**Implement and apply technical and tactical skills necessary for collegiate competition.**

Expected Outcome Performance: 70.0

*ILOs* Analyze and solve problems using critical, logical, and creative thinking; ask questions, pursue a line of inquiry, and derive conclusions; cultivate creativity that leads to innovative ideas.  
 Core  
*ILOs*

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Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or methodologies to solve unique problems.

*ATHPE* Implement and apply conditioning, weight training, and sport specific skills necessary for collegiate competition.  
 Core  
*PLOs*

**Additional SLO Information**

**Does this proposal include revisions that might improve student attainment of course learning outcomes?**

No Value

**Is this proposal submitted in response to learning outcomes assessment data?**

No Value

**If yes was selected in either of the above questions for learning outcomes, explain and attach evidence of discussions about learning outcomes.**

No Value

**SLO Evidence**

No Value

**Course Content**

**Lecture Content**

**Team Philosophies and Rules (1-3 hours)**

- Sportsmanship
- Team rules
- Individual/team goal setting
- NCAA rules and regulations
- CCCAA Decorum Policies

**Safety for Baseball (2-4 hours)**

- Protective athletic equipment
- Shagging balls
- Batting cage
- Defensive stations

- Throwing stations
- Proper warm-up
- Arm care

**Understanding Team Dynamics (3-6 hours)**

- Creating a positive environment
- Controlling emotions
- Effective communication

**Nutritional Aspects of Effective Training (2-4 hours)****Definitions of Diversity, Inclusion, inequality and discrimination in Sports Competition (1 hour)**

- Gender
- Race/ethnicity
- Sexuality
- Religion

**Total Hours: 9-18**

**Laboratory/Studio Content****Fundamental Conditioning Skills for Baseball (24-48 hours)**

- Agility
- Coordination
- Muscular strength
- Muscular and cardiovascular endurance
- Plyometrics
- Hand eye coordination

**Advanced Fundamental Skills in Baseball (27-54 hours)**

- Throwing
- Take away
- Glove position
- Core movement
- Pronation
- Extension
- Finish
- Catching
- Receiving
- Glove to hand transfer
- Footwork
- Fielding
- Preparation steps
- Short hop
- Long hop
- Fly ball
- Line drive
- In between hop
- Batting
- Stance
- Load
- Swing
- Sacrifice bunting
- Base running
- First base
- Second base
- Third base
- Reactions to batted balls
- Pitching
- Four seam
- Two seam
- Changeup
- Curveball
- Slider
- Signs from catcher

- Fielding position

**Advanced Game Strategy (30-60 hours)**

- Selection of starting lineup
- Pitch selection
- Defensive positioning
- Offensive pitch selection
- Base stealing cues
- Charting opposing team

**Total Hours: 81-162**

## Additional Information

**Repeatability**

Repeatable

**Justification (if repeatable was chosen above)**

Intercollegiate athletics (must have ATHPE prefix and intercollegiate TOP code of 0835.50)

**Is it possible this course will have a material fee?**

No

**I have contacted my library liaison (<https://campusguides.glendale.edu/faculty/liasons>):**

No

**What term(s) will this course be offered?**

Fall

**Will any additional resources be needed for this course? (Click all that apply)**

- No

**If additional resources are needed, add a brief description and cost in the box provided.**

No Value