

KINE-287: BASEBALL TEAM

Effective Term

Fall 2026

CC Approval

11/07/2025

AS Approval

11/13/2025

BOT Approval

11/20/2025

COCI Approval

02/07/2026

SECTION A - Course Data Elements

CB04 Credit Status

Credit - Degree Applicable

Discipline

Minimum Qualifications	And/Or
Coaching (Any Degree and Professional Experience)	Or
Health (Master's Degree)	Or
Physical Education (Master's Degree)	Or

Subject Code

KINE - Kinesiology

Course Number

287

Department

Kinesiology

Division

Kinesiology & Athletics

Full Course Title

Baseball Team

Short Title

Baseball Team

CB03 TOP Code

1270.00 - Kinesiology

CIP Code

31.0501

CB08 Basic Skills Status

NBS - Not Basic Skills

CB09 SAM Code

E - Non-Occupational

Rationale

Eliminate Dangling Hours and update Diversity.

SECTION B - Course Description

Catalog Course Description

This is a course designed for the competitive baseball player who will represent Napa Valley College in intercollegiate baseball games. Repeatable for credit three times.

SECTION C - Conditions on Enrollment

Open Entry/Open Exit

No

Repeatability

Repeatable 3 Times

Justification for awarding credit more than once

Intercollegiate athletics (either a course in which student athletes are enrolled to participate in an organized competitive sport sponsored by the district or conditioning course which supports the competitive sport)

Grading Options

Letter Grade Only

Allow Audit

Yes

Requisites

SECTION D - Course Standards

Is this course variable unit?

No

Units

3.00

Lab Hours

162.00

Outside of Class Hours

0

Total Contact Hours

162

Total Student Hours

162

Distance Education Approval

Is this course offered through Distance Education?

Yes

Online Delivery Methods

DE Modalities	Permanent or Emergency Only?
Hybrid	Emergency Only

SECTION E - Course Content

Student Learning Outcomes

Upon satisfactory completion of the course, students will be able to:	
1.	Demonstrate the knowledge, skills and strategies required to participate in intercollegiate baseball.

Course Objectives

Upon satisfactory completion of the course, students will be able to:	
1.	Understand and demonstrate various offensive and defensive strategies.
2.	Execute physical basics.
3.	Understand and employ mechanics of hitting, throwing, catching and running.
4.	Demonstrate good sportsmanship.
5.	Understand rules and regulations governing eligibility and competition.
6.	Demonstrate ability to critically analyze individual and team performance.
7.	Evaluate positional play.
8.	Set up a fitness and conditioning plan for pre-season and season.
9.	Demonstrate team leadership and responsibility to the team.

Course Content

1. Conditioning principles: running, sprinting, weight training
2. Injury prevention: warm up, cool down, proper stretching, weight training to prevent injury, injury treatment
3. Offensive/defensive strategies: short game, situational play
4. Fielding mechanics and drills: positional play
5. Hitting mechanics and drills: bunts, sac fly, long ball
6. Catching mechanics and drills
7. Throwing mechanics and drills: strength development, foot work, long toss, short toss
8. Running mechanics and drills
9. Situation play
10. Positional play
11. Rules and regulations
12. Sportsmanship, team leadership and team responsibility
13. Eligibility: rules and regulations, academic requirements, player code of conduct

Methods of Instruction

Methods of Instruction

Types	Examples of learning activities
Lab	Team fielding and Individual hitting routines.
Lecture	Lecture and discussion about the fundamentals of baseball.
Activity	Team, group, and individual drills consisting of pitching, hitting, throwing, base running and catching.

Online Adaptation

Types	Examples of learning activities
Activity	Team, group, and individual drills consisting of pitching, hitting, throwing, base running and catching.
Discussion	Online message board and check ins.
Lecture	Lecture and discussion about the fundamentals of baseball.

Instructor-Initiated Online Contact Types

Announcements/Bulletin Boards
 Chat Rooms
 Discussion Boards
 E-mail Communication
 Telephone Conversations
 Video or Teleconferencing

Student-Initiated Online Contact Types

Chat Rooms
 Discussions

Course design is accessible

Yes

Methods of Evaluation**Methods of Evaluation**

Types	Examples of classroom assessments
Class Participation	Completion of a fitness and conditioning program, demonstrating the skills necessary to compete at the collegiate level.
Lab Activities	Participation in intercollegiate competition.

Assignments**Reading Assignments**

- 1) Read and understand the rules and regulations to play intercollegiate sports.
- 2) Read how to improve your game from the Baseball for Dummies book.

Writing Assignments

- 1) Player evaluation of game and practice situations.
- 2) Using the Baseball for Dummies book, players will analyze their weakness and will develop a remedy.

Outside-of-Class Assignments

Students will be required to participate in conference and non-conference competitions. Competition will take place on the weekends and evenings outside of scheduled class time.

SECTION F - Textbooks and Instructional Materials**Material Type**

Other required materials/supplies

Description

1. California Community College Athletics Administration manual
2. The primary resource material for students is handouts prepared by the coach

Material Type

Textbook

Author

Morgan, Joe, Lally Richard

Title

Baseball for Dummies

Edition/Version

5th

Publisher

For Dummies

Year

2025

ISBN #

978-1394290833

Material Type

Textbook

Author

Randy Bruns

Title

NCAA Baseball 2025-2026 Rules Book

Publisher

NCAA

Year

2024

Rationale

Updated Rule Book

ISBN #

0736-5209

SECTION G - Diversity, Equity and Inclusivity**How does your course and/or course outline of record reflect strategies for accommodating and engaging diverse student populations, advancing equitable outcomes, and fostering inclusion for all students?**

This course supports diversity and inclusion by welcoming all participants, offering exercise modifications for different abilities, and fostering respect and encouragement. This ensures everyone can participate, grow, and feel valued, creating a stronger, more inclusive community.

Course Codes (Admin Only)**CB00 State ID**

CCC000616746

CB10 Cooperative Work Experience Status

N - Is Not Part of a Cooperative Work Experience Education Program

CB11 Course Classification Status

Y - Credit Course

CB13 Special Class Status

N - The Course is Not an Approved Special Class

CB23 Funding Agency Category

Y - Not Applicable (Funding Not Used)

CB24 Program Course Status

Program Applicable

Allow Pass/No Pass

No

Only Pass/No Pass

No