

**NorthWest Arkansas Community College
Physical Education**

PHED 2122 Coaching of Baseball

Catalog description:

Discussion and participation of pre-season and in-season training methods, skill development and administration principles in the coaching of baseball

Prerequisite: NONE

Credit hours/contact hours/load hours: 1/1/1

Target Audience & Transfer:

Designed for students seeking an Associate of Arts degree and as one of the two-hour requirement options in various programs. This class may transfer to the University of Arkansas as a physical education activity elective in some colleges. The student may need to petition.

General Course Outcomes:

1. To provide understanding of the skills and strategies that are needed for developing individual talent and winning baseball teams.
2. To develop an understanding of the psychology of winning baseball as well as the many problems associated with coaching.

Required Text:

Baseball Play Book By Ron Polk

Topics:

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| • Psychology of winning baseball | Catching |
| • The mental game | Infield play |
| • Team building | Outfield play |
| • The Forte Institute | Coaching strategies |
| • Pitching to win | Scouting and evaluating talent |
| • The science of hitting & Offensive play | |

Required Methods of Instruction:

Individual instructors may design the course in any number of ways, keeping the course objectives in mind. Coaching baseball class is design for students to learn both skills and strategies in the classroom and on the baseball field.

Required Form of Assessment:

Students in coaching baseball class will be evaluated on attendance, participation, teaching project, quizzes, mid-term, and final exam. A service learning project such as coaching a little league team will exempt individuals from the teaching project, mid-term and final exams.

