

PEHR: Intercollegiate Men's Baseball Syllabus, Spring 2013

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Bruce Hurst Field

Course Credits: 1
Location of Class: Bruce Hurst Field
Beginning/Ending Date: January 9, 2013 through May 2, 2013
Meeting Times for Class:

Pre- or Co- requisites:

Textbook for Class: N/A

Requirements:

1. Play by the rules and exhibit knowledge and skill of rules and fundamentals of baseball.
2. Ability to organize understands and play a game.
3. Attend Practice and participate.
4. Be teachable and follow instructions.
5. Help teammates on and off the field.

Course Description: To enhance baseball technique and skill with competitive workouts. The class will be baseball instruction beyond intermediate baseball and drills; with game play and performance being the main focus.

Department and Course Objectives:

- I. PEHR Objectives:**
 - a. Enhance development of physical, mental, social, and emotional well-being through physical education;
 - b. Be supported to develop personal, lifelong commitment to physical activity for the long range health benefits;
 - c. Develop competencies in athletic activities that will bring greater satisfaction to participation in athletics;
 - d. Demonstrate an understanding of physiology that promotes safety in physical exercise;
 - e. Develop a fitness plan pertinent to the physical activity of the course, as applicable.

- II. Course Objectives:**
 - a. Learn to play and use strategy.
 - b. Be able to exercise enough to get a cardiovascular workout and to relieve stress.
 - c. Be able to play competitive baseball.

- d. Learn correct use of terminology, rules, safety practices and correct fundamentals of baseball.
- e. Increase ability to get along with others and to cooperate with classmates.
- f. Develop skills to teach rules, fundamentals, and strategies of baseball to others.

Grading Criteria

I.	Attendance	Number of practices	70x10 = 700 points
II.	Skill Development	Number of skills	25x4 = 100 points
III.	Effort	Effort in practice	= 100 points
IV.	Competition	Performance in games	= 100 points
Total			1000 points

Final grade determined by following percentages:

- A = 90-100%
- B = 80-89%
- C = 70-79%
- D = 60-69%
- F = Below 60%

Other Useful Stuff

College approved absences: Dixie College Policy explains in detail what needs to happen if you anticipate being absent from class because of a college-sponsored activity (athletic events, club activities, field trips for other classes, etc). Please read this information and follow the instructions carefully! The policy can be found at:
<http://www.dixie.edu/humanres/policy/sec5/523.html>

Dmail: Important class and college information will be sent to your Dmail account. This information includes your DSC bill, financial aid/scholarship notices, notification of dropped classes, reminders of important dates and events, and other information critical to your success in this class and at DSC. All DSC students are automatically assigned a Dmail account. If you don't know your user name and password, go to www.dixie.edu and select "Dmail," for complete instructions. You will be held responsible for information sent to your Dmail email, so please check it often.

Disability Accommodations: Students with medical, psychological, learning or other disabilities desiring reasonable academic adjustment, accommodations, or auxiliary aids to be successful in this class will need to contact the DISABILITY RESOURCE CENTER Coordinator (Baako Wahabu) for eligibility determination. Proper documentation of impairment is required in order to receive services or accommodations. DRC is located in the North Plaza Building. Visit or call 652-7516 to schedule appointment to discuss the process. DRC Coordinator determines eligibility for and authorizes the provision of services.

College resources: Several college resources are available to help you succeed. Check out the links for each one to get more information.

If you need help understanding the content of your courses, go to the Tutoring Center located in the Browning Learning Center, Room 105. There is a schedule of what courses have tutors at what times outside the door. You can also visit them online at <http://dsc.dixie.edu/tutoring/>

If you need help writing papers, go to the Writing Center in the Browning Learning Center, Room 105. You can also visit them online at http://new.dixie.edu/english/dsc_writing_center.php

If you need to use a computer to do schoolwork on campus, go to the Computer Center in the Smith Computer Center or the Library basement.

If you are assigned to take a test in the Testing Center, go to the North Plaza. You can get information on their website at <http://new.dixie.edu/testing/>

The Library has all kinds of information and resources. Visit the Val Browning Library or go to the library website at <http://library.dixie.edu/>

Classroom expectations: It is the responsibility of an instructor to manage the classroom environment to ensure a good learning climate for all students. This means not talking when the teacher is talking, following instructions, and speaking and acting respectfully to the professor and fellow students. If your behavior is disruptive, I will first let you know verbally that you are behaving inappropriately. If it continues, I will send you written notice that your behavior must change. As a last resort, I will drop you from the class. For more details, please see the disruptive behavior policy at: <http://www.dixie.edu/humanres/policy/sec3/334.html>

Academic integrity: I believe that most students are honest, and I don't want to punish everyone for the few that aren't. However, I will not tolerate cheating, and if I discover that it has occurred, a zero grade will be given for that assignment or exam, and you will not be allowed to make it up. Repeated or aggravated offenses will result in failing the course.

Any time you take credit for work you did not do, you are cheating. This includes getting the answers to homework problems from someone else, copying information from a library or internet source and presenting it as if it were your own words (plagiarism), looking at someone else's answers on an exam, and asking someone who has already taken a test about what questions it contains.

I have tried to design assignments and exams to minimize the temptation to cheat, but it is not my job to prevent you from cheating. If you cheat and are not caught, it doesn't mean that you "beat the system." It means you violated the Student Code and forfeited your integrity, whether or not you are caught. You will pay the price, sooner or later. Having served on the committee that disciplines students for academic dishonesty, I can promise you that it is better to fail an assignment or even a class than to cheat and lose the chance to continue your education. (See "Student Code" <http://library.dixie.edu/policies/studentcodesectionfour.pdf> page 8).

OUTLINE FOR PEHR (number)

<i>Date</i>	<i>Skills</i>	<i>Attendance</i>	<i>Effort</i>	<i>Performance</i>
Jan. 7	Forehand			
Jan. 14	Backhand			
Jan. 21	Serve			
Jan. 28	Volley			
Feb. 4	Approach shots			
Feb. 11	Strategy			
Feb. 18	Footwork			
Feb. 25	Recovery			
March 4	Topspin			
March 11	Under spin			
March 18	Score keeping			
March 25	Half volley			
April 1	Split step			
April 8	Serve & Volley			
April 15	Doubles			
April 22	Doubles Strategy			
Finals April 26 – May 2	Poaching			
Jan. 7	Being Aggressive			
Jan. 14	Low balls			
Jan. 21	High Balls			
Jan. 28	Mental Toughness			
Feb. 4	Mental Focus			
Feb. 11	Peak Performance			
Feb. 18	Drop shot			
Feb. 25	Overhead			
March 4	Forehand			
March 11	Backhand			
March 18	Serve			
March 25	Volley			
April 1	Approach shots			
April 8	Strategy			

April 15	<i>Skills</i>	<i>Attendance</i>	<i>Effort</i>	<i>Performance</i>
April 22	Recovery			
Finals April 26 – May 2	Topspin			