



Course Syllabus

Bethesda University of California

BETHESDA UNIVERSITY MISSION STATEMENT:

Bethesda University of California is a Christ-centered community of higher education preparing Korean/English speaking men and women with professional competence, academic excellence, and spiritual integrity to be servant leaders in the Church, community, and global society.

Course Number and Title: PE 122 – Advanced Baseball Speed, Agility and Quickness.

(1 unit/credit hours)

Semester: Fall, 2015

Professor: Michael Gonzalez

Office: # 2029

E-mail address/Phone: m.gonzalez@buc.edu 951-534-6112

Office Hours (Students may meet with their professor by appointment or during the following regularly scheduled office hours):

Day and Time: By Appointment

Place: Athletic office

RELATIONSHIP OF COURSE TO BETHESDA UNIVERSITY'S MISSION:

This course is designed for advanced students to apply new knowledge and skills to improve individual and team performance. An understanding of advanced team concepts and unity will be stressed.

COURSE DESCRIPTION:

This course covers advanced Speed, Agility, and Quickness (SAQ's) in baseball. Emphasis is placed on advanced skill development and knowledge of complete workouts. Upon

completion, students will be able to participate and demonstrate the (SAQ's) drills and complete advanced workouts for the game of baseball.

COURSE OBJECTIVES (STUDENT LEARNING OUTCOMES) After completing this course, students will have achieved the following:

Student Learning Outcomes	Assignments for Assessment
1) Demonstrate the skills for increasing Speed at an advanced level.	Weekly test of Speed Drills
2) Demonstrate the skills for improving Agility at an advanced level.	Weekly test of Agility Drills
3) Demonstrate the skills improving Quickness at the advanced level.	Weekly test of Quickness Drills

COURSE MATERIALS

- 1) Course (SAQ's) T-Shirt \$ 25.00 purchased from Athletic office
- 2) 3 ring binder for course hand outs

COURSE REQUIREMENTS AND TIME ESTIMATES (at least 15 hours/credit):

Requirements	Time Estimate
Reading and completing Class Handouts	2.5
Participation in Skills Drills	10
Preparation for Drills Test	2.5
Total Hours	15

GRADING INFORMATION:

Grading Scale

Letter Grade	Numerical Grade	Grade Points	Quality of Performance
A	95-100	4.0	Outstanding
A-	90-94	3.7	Excellent
B+	87-89	3.3	Good +
B	84-86	3.0	Good
B-	80-83	2.7	Good -
C+	77-79	2.3	Satisfactory +
C	74-76	2.0	Satisfactory
C-	70-73	1.7	Satisfactory -
D+	67-69	1.3	Poor
D	64-66	1.0	Very Poor
D-	60-63	0.7	Extremely Poor
F	59 or lower	0	Failure

Grading Rubric

Requirements	Points
Attendance	20
Participation	40
Test	20
Final Exam	20
Total	100

Test policy: Tests must be taken on the assigned dates. Except in cases of medical emergency, make-up exams are not permitted without prior approval from the instructor.

1. INCOMPLETE POLICY:

All course work is due on the dates assigned. Students who fail to submit assignments on

time will be subject to the course's late grading policy. In all other cases and unless otherwise stated the semester. by the instructor, all course work is due by 4:00 p.m. on the last day of class.

A grade of incomplete will only be awarded to students who cannot physically complete their course work by the last day of the semester due to an avoidable situation such as a serious illness. In such cases, students must provide valid evidence of their condition. After a semester has ended it is no longer possible to request an incomplete. Incompletes will not be granted simply because of poor time management. Students who assume that an incomplete will be issued because they failed to finish their course work by the end of the semester will automatically receive a grade of F.

Incompletes must first be approved by the Academic Affairs office. To apply for an incomplete, students must fill out an incomplete-grade-request form and submit it to the office by the semester deadline. After receiving approval from the office, the student must then obtain approval from his or her instructor.

ATTENDANCE POLICY:

Attendance to all class sessions and practices will be expected. The student should arrive to class and practice prepared and on time. Three unexcused absences will result in a grade reduction. Excessive tardiness may also impact a student's grade.

ACADEMIC INTEGRITY: Plagiarism and cheating are unacceptable. Plagiarism is defined as the use of someone else's ideas, arguments or other original material without acknowledging the source.

COURSE SCHEDULE: Monday, Wednesday, Friday.

Time: TBD

NOTES: Instructor reserves the right to make adjustments to this syllabus in part or in whole as necessary.