

Semester – IV
PART – B: PRACTICUM COURSE
BPC – 401 (A): TEAM GAME (BASE BALL)

Credit			Teaching Hours			Assessment		
L/T	P/I	Total	L/T	P/I	Total	Int.	Ext.	Total
-	2	2	-	64	64	25	25	50

Lecture/Tutorials, P/I=Practical/Internship, Int.=Internal, Ext.=External

ESSENCE OF THE COURSE

This course will enable students to understand the basic skills of Baseball and the ways to improve performance. It aims to develop understanding about the rules and regulations, dimensions of the Baseball field, duties of the officials (before, during and after the match), duties of coach and captain, structure and functions of Baseball federation.

COURSE LEARNING OUTCOME

After completing this course, the students will be able to

- acquire, analyze and interpret basic skills of Baseball
- appraise the rules and regulation.
- demonstrate and assess various basic skills/techniques and game strategies.
- officiate in competition.

COURSE CONTENTS

Historical development of the Baseball at national and international levels, National and International Bodies controlling Baseball and their affiliated units, Major National and International competitions.

Fundamental Skills

- Player Stances – walking, extending walking, L stance, cat stance.
- Grip – standard grip, choke grip,
- Batting – swing and bunt. Pitching
- Baseball : slider, fast pitch, curve ball, drop ball, rise ball, change up, knuckle ball, screw ball,
- Softball: windmill, sling shot,
- starting position: wind up, set.
 - Fielding Catching: basics to catch fly hits, rolling hits, Throwing: over arm, side arm.
- Base running
 - Base running: single, double, triple, home run,
 - Sliding: bent leg slide, hook slide, head first slide.
- Rules and their interpretations and duties of officials.

TEACHING LEARNING STRATEGIES

- The content will be taught by using demonstration, explanation, presentation methods, training videos, video analysis, e-learning modules, learning by doing, Whole part whole method, Drills.

SUGGESTED MODE OF TRANSACTION

- Field Work/ Viva/ learning by doing/ Individual and Team Drills

ASSESSMENT RUBRICS

Marks: 50

- End Semester Exam (External) **Marks:25**
(Skill Proficiency, Project File, Officiating, Viva)
- Internal **Marks: 25**
(Skill Proficiency, Project File, Officiating, Attendance, Viva)