

PETA 104

Baseball/Softball Strength and Conditioning

1 Credit

Community College of Baltimore County
Common Course Outline

Description

PETA 104 – Baseball Strength and Conditioning: is a training program designed to meet the needs of baseball and softball collegiate players. Students incorporate and apply knowledge of human movements as it relates to baseball and softball. Students will be assessed across various physical skills and will learn how to develop safe and effective sport-specific training programs. Various training modalities will be incorporated including weight stack machines, free weights, plyometrics, and cardiovascular equipment. The priority of the course is to enhance the development of muscular strength, muscle endurance, flexibility, and cardiovascular fitness through the study and utilization of aerobic and anaerobic training principles.

Overall Course Objectives

Upon completion of this course, students will be able to:

1. understand the correct weight training for the sport of baseball and/or softball;
2. evaluate strength, cardiovascular endurance, and speed and agility gains with a pre-test/post-test procedure;
3. demonstrate proper weight training techniques and programming;
4. demonstrate proper cardiovascular training techniques;
5. demonstrate proper dynamic warm-up and stretching techniques;
6. recognize the importance of maintaining a specific level of fitness through physical activity ;
7. explain the physiology of the cardiovascular and muscular systems in relation to strength and conditioning;
8. identify the anatomical, physiological, and psychological benefits of physical training;
9. describe personal risk factors associated with hypokinetic diseases and cardiovascular diseases;
10. demonstrate critical thinking and decision making that allows for effective implementation of fitness programs; and;
11. discuss the relationship of other health factors, such as nutrition and stress, to fitness and health.

Major Topics

- I. Musculoskeletal anatomy and physiology
- II. Cardiovascular anatomy and physiology
- III. Proper lifting techniques
- IV. Proper cardiovascular techniques
- V. Agility and reaction time training techniques

The Common Course Outline (CCO) determines the essential nature of each course.
For more information, see your professor's syllabus.

- VI. Flexibility and mobility training techniques
- VII. Plyometric and speed training
- VIII. Recovery techniques
 - a. Nutrition strategies
 - b. Stress reduction strategies
- IX. Types of muscular training
 - a. Strength
 - b. Endurance
- X. Types of cardiovascular training
 - a. Aerobic/endurance
 - b. Anaerobic/speed/sprinting
- XI. Program Design
 - a. Exercise selection
 - b. Exercise sequence
 - c. Progressive overload

Course Requirements

Grading will be determined by the individual faculty member, but shall include the following, at a minimum:

- Attendance and participation
- One written assignment
- Two exams
- Capstone assignment
 - Pre and Post exercise test assessment and program development assignment

Written assignments and research projects: Students are required to use appropriate academic resources in their research and cite sources according to the style selected by their professor.

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