DEMOCRITUS UNIVERSITY OF THRACE DEPARTMENT OF PHYSICAL EDUCATION & SPORT SCIENCE

UNDERGRADUATE PROGRAM OF STUDY

COURSE TITLE:									
Baseball - Softball									
COURSE CODE:					E.C.	T.S. CF	REDITS	5	
N057]					2		
								I	
RESPONSIBLE FOR T	HE COU	JRSE:							
NAME	Georg	George Costa							
POSITION	Assoc	Associate Professor							
SECTOR	-	Sport Management, Schools Physical Education & Recreation							
OFFICE	B2 - 1	B2 - 1							
TEL. / E-MAIL	25310	25310 - 39701 gkosta@phyed				yed.dut	d.duth.gr		
CO-INSTRUCTORS									
SEMESTER:	$1^{ m st}$ $5^{ m th}$	[] [X]	$2^{ m nd}_{ m 6^{ m th}}$	[]	3 rd 7 th	[] [X]	4^{th} 8^{th}	[]	
COURSE TYPE:	Direc Spec Prere	Obligatory[]Direction[]Specialization[]Prerequisite for specialization[]Elective (open)[X]							
HOURS (per week):				2					
DIRECTION (only for 3	rd & 4^{th} ye	ear coui	rses):						
SPECIALIZATION (on	ly for 3 rd	& 4 th ye	ear cour	ses):					
LANGUAGE OF TEAC	HING:		GREE	к [Х]		ENGL	ISH []		

AIM OF THE COURSE (content and acquired skills):

The purpose of the class is to inform the students about a sport which is not well known in Greece. In the end of the semester students will know the basic rules and regulations of the game and they will be able to teach it as a recreational game in schools, municipalities and sport camps.

COURSE CONTENTS (*outline – titles of lectures*):

- 1. Introduction to baseball softball.
- 2. History of baseball softball.
- 3. The different sizes of the field.
- 4. How to play the game.
- 5. Rules and regulations.
- 6. Defense and offence.
- 7. The strategy of the game.
- 8. Inning and how to score.
- 9. Pitching.
- 10. Development of technique.
- 11. Equipment.
- 12. Clothing and materials.
- 13. The future trends.

TEACHING METHOD (*lectures – labs – practice etc.*):

- 1. Mostly practical classes.
- 2. Two theory classes.
- 3. Presentation of papers.

ASSESSMENT METHOD(S):

- 1. Group and individual papers.
- 2. Midterm exams.
- 3. Final exams.

LEARNING OUTCOMES

Upon the completion of study in this class the students will be able to:

- 1. Know and comprehend the regulations of sport.
- 2. Execute at a satisfactory level the basic dexterities of individual technique of sport.
- 3. Determine and produce the basic beginnings of didactics of sport.
- 4. Draw a program of training/practice for the teaching of individual technical beginners athletes.

Learning Educational Assessment Student Outcomes Activities Work Load (hours) Knowledge and Lectures, demonstration Intermediary 10 comprehension of the and annotation of digital controls with regulations of sport. material, study. written cognitive evaluation.

LEARNING OUTCOMES – CONTINUED:

		TOTAL	60
technical beginner athletes.			
for the teaching of individual	of common work.	examinations.	
program of training practice	exercises, development	work and final	
Capability of drawing a	Lectures, practical	Intermediary	20
	.	teachings.	20
		practical	
didactics of sport.		intermediary	
of the basic beginnings of	team work.	evaluation in	
Determination and production	Lectures, study,	Controls of	10
individual technique of sport.	exercises.	suitable kinetic	10
the basic dexterities of	practice, tutorial	controls with	
Execution in satisfactory level		Intermediary	20
Execution in satisfactory level	Practical exercises	Intermediary	20

OBLIGATORY & SUGGESTED BIBLIOGRAPHY:

- 1. Bennett, B. (2004). The baseball drill book. Champaign, IL: Human Kinetics.
- 2. Papagrigoriou, K. (1998). Baseball. TEFAA, Athens.