



**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 OUTCOMES – CONTINUED:**

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

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

**OBLIGATORY & SUGGESTED BIBLIOGRAPHY:**

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