(4) 25 Baseball ... (1)

I. When bases are occupied and a slow hit ball is fielded by the pitcher to what base should the pitcher throw unless invariably advised by his catcher? answer — invariably

II When a bunt is expected, as when the opponent has a runner on first or on first and second where should the pitcher throw the ball:- (a) for a left-handed batsman (B) for a right handed batsman?

Ans (A) ——— Ans (B) ———.

III. If the ball is properly ~~pitched~~ delivered by the pitcher on the above play what direction should the pitcher take on the diamond and to whom should the batted ball be thrown. This answer is to be predicated on the assumption that the pitcher pitched the ball to the exact spot he intended to and caused the batter to bunt where the pitcher desired.

~~The pitcher~~ also has ~~taken~~ listened to his catcher for directions. Also you have a good fielding pitcher.

IV. With a runner (2) on first base only what type of ball should the pitcher deliver to the batsman who shows by dropping his bat that he is going to bunt?

Ans ———

E. When there is a runner on second base and a base hit is made to the outfield, Where should the pitcher station himself in relationship with his catcher and what two plays are possible on the throw-in, granted that the throw-in is in direct line with the catcher?

Ans ———

VI. A Does a pitcher need any instructions from a catcher if the throw-in by the outfielders toward the plate is not accurate.

a — Ans ——— B. Where should the pitcher play the ball or should he try for a play on the runner at second?

B. Ans ———

VII. On a swinging bunt rolling down the first base line who should shout to the pitcher whether to make a play on the ball that looks as if perhaps the ball may roll foul? Ans ——

VIII When a ball is hit by the batsman to the pitcher and a runner stops running between bases, apparently undecided which base to approach, What immediate action should the pitcher take? —— Ans ——

IX. Hypothetical play at third base. Third base is occupied. The runner seeing that he is a sure put-out at the plate stops and tries to get into a run-up play, so that the batter can get into a scoring position. What immediate action should prompt the pitcher when the ball is hit to him? ~~and~~ Please describe the direction of his movements. Ans ——

X a. With a runner on first base, when a base hit is made to the outfield what baseman should the pitcher back-up.?

Ans a. ——

B. With a runner on second base, if there is a base hit, where should the pitcher station himself.? — Ans B. ——

c Would you advise that the first baseman line up for a throw-in from right field upon a base hit and that the third base man line up for a throw in from left field. If so please explain what advantage that you gain by not using the pitcher. And state where you would use the pitcher see such a play. ——

Ans ——

I. If there is one out the pitcher should throw home in order to cut off the furthest advanced man. If 2 outs, he should throw to first.

II. (a) High & outside

(b) " " "

III. Pitcher should go & the right & throw to third. –

IV Should be high & outside

V He pitcher should station himself between the mound & the catcher.

VI. (a) Cut it off

(b) If he knows he can't make a chance to get the man & should, throw to second.

VII. Usually the catcher –, because the field can't if 2nd or shortstop is too far away

VIII

VIII toward the runner & make him go back in the direction of the base which he came from.

IX. Must naturally set the man out going toward home base. Pitcher stand to plate. Pitcher steps out & the 3rd baseman backs up catcher. & the catcher try & get the man. Pitcher

X. (a) the 3rd baseman

(b) Time himself with the ball so to be able to cut it off.

(c) Pitcher should save his arm as much as possible & stand back up the catcher -

Roy Edwards

Engleman

FINAL BASEBALL EXAMINATION

I. When bases are occupied and a slow hit ball is fielded by the pitcher to what base should the pitcher invariably throw unless advised by his catcher?

Home unless 2 down then to first. Ans.

II. When a bunt is expected, as when the opponent has a runner on first or on first and second, where should the pitcher throw the ball: (a) for a left-handed batsman (b) for a right-handed batsman?

Ans. (a) high and out Ans. (b) high and out.

III. If the ball is properly delivered by the pitcher on the above play, what direction should the pitcher take on the diamond and to whom should the bunted ball be thrown. This answer is to be predicated on the assumption that the pitcher pitched the ball to the exact spot he intended to and caused the batter to bunt where the pitcher desired. The pitcher also has listened to his catcher for directions. Also you have a good fielding pitcher.

Yes - Answer

IV. With a runner on first base only, what type of ball should the pitcher deliver to the batsman who shows by dropping his bat that he is going to bunt?

High and outside Answer

V. When there is a runner on second base and a base hit is made to the out field, where should the pitcher station himself in relationship with his catcher and what two plays are possible on the throw-in, granted that the throw-in is in direct line with the catcher?

Between mound & cather Answer

VI. (a) Does a pitcher need any instructions from a catcher if the throw-in by the outfielders toward the plate is not accurate? ~~Yes~~ - No

Ans. (a). (b) Where should the pitcher play the ball or should he try for a play on the runner at second? (b) Ans. Yes - if out of line

VII. On a swinging bunt rolling down the first base line who should shout to the pitcher whether to make a play on the ball that looks as if perhaps the ball may roll foul? Catcher Answer.

VIII. When a ball is hit by the batsman to the pitcher and a runner stops running between bases, apparently undecided which base to approach, what immediate action should the pitcher take? Approach runner at

first forces him running to Answer

IX. Hypothetical play at third base.

Third base is occupied. The runner, seeing that he is a sure put-out at the plate, stops and tries to get into a run-up play, so that the batter can get into a scoring position. What immediate action should prompt the pitcher when the ball is hit to him? Please describe the direction of his movements.

Similar to 8-

X. (a) With a runner on first base, when a base hit is made to the outfield what baseman should the pitcher back-up?

Ans. (a) Third

(b) With a runner on second base, if there is a base hit, where should the pitcher station himself? Ans. (b) Line with hit ball.

(c) Would you advise that the first baseman line up for a throw-in from right field upon a base hit and that the third baseman line up for a throw in from left field. If so please explain what advantage that you gain by not using the pitcher. And state where you would use the pitcher on such a play. Pitch save arm.

Ans. (c)

Baseball

P. H. Collins, Jr.

I Should consider the number of outs. If 2 down should throw to 1st Base unless catcher tells him otherwise. If there is 1 down pitcher should throw to 2d base that cuts off the lead man. However should throw to 1st Base in most cases.

II (a) High and outside } might bunt it up in the air & would
(b) High & outside } have chance for double play.

III Pitcher would go to his right & attempt to have the ball bunted down the third base line & the pitcher should throw to third base. If he fields the ball. However, 1st baseman if bunted down 1st b line & the 3rd baseman, if bunted down 3 base line – they should field it.

IV Throw it should high & outside so catcher can handle it easy & throw it to 1st or 2nd in attempt to catch man off base a if he attempts to steal, throw it to second & put him out.

V The pitcher should station himself between the mound & the catcher in line with the fielder, who is throwing the ball in, & the catcher who is receiving the throw.

VI (a) Catcher should instruct the pitcher to cut it off"

(b) If he doesn't have a chance to get the man at home, then he should throw to second.

VII The catcher should instruct the pitcher.

VIII Pitcher should run toward the baserunner first & drive him back to the base & should always attempt to drive the man backs to the base he just left.

IX Pitcher fields the ball & when the baserunner stops the pitcher runs the baserunner back toward 3rd. & throws to 3rd baseman & then the pitcher drops out & the 3rd baseman & catcher play the baserunner. The pitcher backs up the catcher & the short stop backs up the 3rd baseman.

X

(a) Should backup the 3rd baseman.

(b) Should line himself with the ball so to be able to cut it off.

(c) The pitcher should attempt to save his arm, for pitching purpose & should back up the catcher.

Baseball

P. H. Collins, Jr.

May 20, 1941

Bill Geiger

BASEBALL

O.K. I. When bases are occupied and a slow hit ball is fielded by the pitcher to what base should the pitcher invariably throw unless advised by his catcher?

To First Base Ans.

II. When a bunt is expected, as when the opponent has a runner on first or on first and second, where should the pitcher throw the ball: (a) for a left-handed batsman (b) for a right-handed batsman?

Ans. (a) high + outside Ans. (b) high + inside

III. If the ball is properly delivered by the pitcher on the above play, what direction should the pitcher take on the diamond and to whom should the bunted ball be thrown. This answer is to be predicated on the assumption that the pitcher pitched the ball to the exact spot he intended to and caused the batter to bunt where the pitcher desired. The pitcher also has listened to his catcher for directions. Also you have a good fielding pitcher.

towards third base line + to third base Answer

IV. With a runner on first base only, what type of ball should the pitcher deliver to the batsman who shows by dropping his bat that he is going to bunt?

high + outside Answer

V. When there is a runner on second base and a base hit is made to the out field, where should the pitcher station himself in relationship with his catcher and what two plays are possible on the throw-in, granted that the throw-in is in direct line with the catcher? 1. direct to catcher at home 2nd between mound + catcher 2. to pitcher + then to 2nd Answer

VI. (a) Does a pitcher need any instructions from a catcher if the throw-in by the outfielders toward the plate is not accurate? cut it off Ans. (a). (b) Where should the pitcher play the ball or should he try for a play on the runner at second? (b) Ans. fly for runner at 2nd

VII. On a swinging bunt rolling down the first base line who should shout to the pitcher whether to make a play on the ball that looks as if perhaps the ball may roll foul? catcher Answer.

VIII. When a ball is hit by the batsman to the pitcher and a runner stops running between bases, apparently undecided which base to approach, what immediate action should the pitcher take? run towards base runner before throwing Answer

IX. Hypothetical play at third base.

Third base is occupied. The runner, seeing that he is a sure put-out at the plate, stops and tries to get into a run-up play, so that the batter can get into a scoring position. What immediate action should prompt the pitcher when the ball is hit to him? Please describe the direction of his movements.

similar to question eight

X. (a) With a runner on first base, when a base hit is made to the outfield what baseman should the pitcher back-up?

Ans. (a) back up third

(b) With a runner on second base, if there is a base hit, where should the pitcher station himself? Ans. (b) between mound + catcher

(c) Would you advise that the first baseman line up for a throw-in from right field upon a base hit and that the third baseman line up for a throw in from left field. If so please explain what advantage that you gain by not using the pitcher. And state where you would use the pitcher on such a play. back up catcher

Ans. (c)

The Hook Slide

This slide is described as it is taught to those of a novice class of boys. The contestants are based on various points and are scored accordingly. This slide is used by all major baseball players, but our description is with the idea in mind, that the person trying is only faintly acquainted with it.

Two methods are taught. The contestant may use either of the following methods: In the first, one leg and foot are raised free of the ground, as the other the runner moves toward and hooks the base. In the second, the free leg is completely flexed at the knee and under the leg which toe-hooks the base. This method assures a faster get-up in the event of an overthrow or error on the part of a baseman.

If there is difficulty in selecting a winner after competitors have been reduced to a very small number, it is well to require competitors to slide to either side of the base on a split second notice, that is, as the runner approaches a spot approximately twenty feet from a base, a baseman will throw a ball which he plays to the left, in front of, or behind the base. The runner must slide away from or evade the ball to prevent being tagged as he contacts base

The Hook Slide

Roy Edwards
Baseball.

Duties of the First-Base Coach

The first-base coach has but one duty; namely, to get his runner to second or beyond. He should have a keen sense of judgement and the ability to make rapid decisions. The start and run to first base are important to the batter but, beyond that, the runner is in the hands of the coach. When a batter hits, he usually takes his glance in the direction in which the hit is going. If it is an infield hit, he will dig to get to first base in time to beat the throw. However, if his hit is beyond or over the heads of the infielders, he comes up at a point about fifteen feet before the base and gets ready to round the base. If there is a chance for another base, he should direct the runner by calling the number 2 which message will tell the runner to stop at second. No signal will hold the runner at first.

On a long hit the coach should again designate, having his judgement as to the position of the infielders, the outfielders arm and the ground, the number of bases the runner is to take; "take two" for a two base blow & "take three" for a triple. The first base coach as well as the third base coach must also hold his runner after a foul or fly has been caught and start him at the proper time.

The Duties of the
First-Base Coach

Roy Edwards
Baseball

Ray Edwards
Report No. 9

Suggested Changes in the Rules of Baseball

For some time thought has been given to this topic, however, little headway has been made.

Most people think that the major change should be in the substitution of players. A player who is removed from a game would be permitted to re-enter the game in the next inning. This would encourage coaches to move players around.

There is no reason why a player should not re-enter a baseball game, as is done in football & basketball games. If a star player is removed by the coach, if our team has a good lead, the player could re-enter the game in case the lead is endangered. It is not the people's idea who would like these changes, to merely have a change, but in such a fine sport as baseball, it will give more encouragement to those boys who are starting out. This is mainly for High & colleges.

From the Athletic Journal
April—

Kay Edmunds.

Report No. 8

Ray Edwards

Why are people Enthusiastic over the Dodgers?

For years the Dodgers had been the Charlie Chaplins of baseball, going through the motions of trying hard but always doing all wrong things.

If there is a game, there is a crowd & very few people in it are just there to see baseball. Every move that is at the helm. The players are quiet in their managing the works. It's their team, not just baseball. "Go out & do it for that crowd", old Casey starts before a big game. Psychology maybe, but it brings forth a full club.

If you show that you are not aware of the spirit or that there is undue meddling over a mere baseball game, then you are plainly frightened out of a prejudice in Brooklyn.

The people love it because the Dodgers were not always the adept, challenging team of today. There was a time when they were known as the Headless Horsemen of Ebbets Field.

Some fans may not like it, but those who so expect it & are very disappointed unless excitement is a plenty.

Roy Edwards

Kay Edwards
Report No 7.

Duties of the third-Base Coach

The third-base coach is expected to be the greater "gambler" than the coach at first base. He may or may not use the designated number signals. I say may not because the runner is most often looking at him while running to third. But to signal to him by holding up your arms in one position or another. If the coach finds that the play will be close, he might use a signal of palms downward or one upon which he and his players have agreed beforehand. In the latter case, a bad signal does not always prove successful so a message such as "let the ball" "fast ball," or any other oral remark may serve.

The third-base coach should also judge the distance that the runner, starting at first, should be given the verbal signal of advancing to third rather than slowing up going into second, while looking for the ball. With a little practice in judgement & direction the team coach will find those close one-run games going in his favor rather than to the opposing team.

Ray Edwards

Bonnie Dee Stiles

Kinesiology
Final

I (a) Kinesiology is that science which investigates & analyzes human motion.

Kinesiology is aided or in relationship to Anatomy, physiology & physics

(b) Kinesiology sums up the other sciences and by doing gives an a more specific knowledge of the movement of the human body.

Kinesiology aids in the teaching of physical education by —

1. Giving the teacher a definite view of how athletics should be taught.
2. ~~Aids~~ in the teaching of different types of sports correctly & certain people — or not all people will react the same.
3. Aids one in knowing correct posture & poise in a person and in yourself.

II Location of motion is in the articulations of the body.

The sources of this motion are the muscles.

III Three classes of joints.

1. Diarthrodial — freely movable.
2. Amphiarthrodial — slightly movable.
3. Synarthrodial — non moveable.

III (b)

Diarthrodial -

1. Condyloid - index finger
2. Saddle joint - thumb
3. Arthrodial - wrist
4. Ginglymus - elbow
5. Enarthrodial - shoulder joint & hip joint
6. Trochloid - neck

IV Yes & No.

1. Yes.
2. No.
3. Yes.
4. Yes.
5. No.
6. Yes.
7. Yes.
8. Yes.
9. No.
10. Yes.
11. Yes.
12. No.
13. Yes.
14. No.
15. No.
16. ~~No.~~ Yes.
17. Yes.
18. Yes.
19. No
20. No.

V (a) Equilibrium - State of perfect balance.

(b) (1) Law of Inertia -
That all bodies will remain at rest if no external force is exerted upon them.

(2) Law of Acceleration -
That all bodies set in motion will remain in motion ~~same~~ - the momentum at which the body travels will depend upon the size of the body, and the strength of the external force that set it in motion. This body will

follow in a path in the direction in which the external force started it.

3. Law of reaction -
That all bodies will react to an external force with the same velocity ~~radius~~ as applied to the body.

(c)

The ankle - arthrodial diarthrosis
number two lever type
The knee - ginglymus diarthrodial
number three lever type
The hip - enarthrodial diarthrosis
number one lever type.

VII (a) Pushing & pulling, striking, kicking, and throwing.

(b) All manipulative skills belong to the third type of lever.

VII (a) Archery - pushing & pulling manipulative skill.
1. Getting ready for the aim.
2. Getting the arrow thru the air to its mark.
3. And to some extent a follow thru.

(b) Badminton - striking m.s.
1. Getting ready for the strike
2. The strike.
3. The follow thru with the rest of the body.

(c) Tug o' War - pulling on the part of the upper extremity

and pushing on the part of the Power.

1. The body would get set for the pull & push.
2. Remain at their state until the other force was either won or lost.
3. The follow thru would be a little value.

VIII

1. In all figure the number one figure emphasize the correct way to attain ~~a~~ an easier balance because the body is in such a position to to equalize the weight which is to be exerted by the performer. With the body in a most stable position there are never any articulation joints at a part) bend — they are either completely at a right angle (to angle of the bones) or they form a ~~right~~ vertical angle.

IX Four functions of the Spine in Service to the human body other than posture.

1. In holding up the weight of the head & thorax &
2. As a protection of the delicate & important central & peripheral nervous system. (~~the latter only~~ Tightly)
3. A path way for the central nervous system.
4. Aids in the body being more flexable & pliable.

~~IX~~ (Cont).

(b)

1. Hanging from a bar - pulls down the scapulae close to body + lets vertebrae separate for more room.
2. Reaching for marble with the toe - strengthens the arches of the foot.
3. ~~Etc~~ Actual exercises that will extend the arms + legs beyond their normal daily reach + exercises that will also give good full movement to those articulations that are not used as much as they should be.

Keep all articulations + muscles of the body in perfect condition - posture will be aided then with only one keeping it in mind.

X. 1. The exercise of strengthening the abdominal muscles. (home)
2. Bicycling exercise (home)
3. Swimming
4. Tennis
5. Work crawl. (home)

Juniesiology
Final.

Bonnie Dee Stutz

June 16, 1944.

KINESIOLOGY (Final Examination)

1. Upon what is effective teaching in physical education based? State in one sentence.

Answer: Upon competent teaching of the motor skills.

2. Discuss briefly the universality of movement.

Answer: All living organisms have movement. Even the lower animals sense that movement draws attention and are always quick to detect the slightest movement near them - especially if danger is near. Many will freeze into immobility at the slightest hint of danger. Movement is a sign of life, and animals instinctively come to dead stops or move slowly and cautiously when confronted with danger.

The success of a magician or sleight-of-hand performer depends largely upon the application of these generally known instinctive principles of movement which are frequently overlooked by humans. While one hand of a magician deftly and inconspicuously performs the crucial part of the trick, the other hand engages very actively and with much movement in a manipulation which leads the observer astray.

Man thinks in terms of movement. A study of the art of primitive peoples shows that it deals largely with activity -- participants in war, sports, or routine occupations. Seldom do we find figures in passive attitudes. Even the gods, in art forms, are depicted as coming down from Olympus and taking part in man's activities. In carving, sculpture, drawings, and literature, both man and animals are depicted as active creatures.

3. Discuss briefly the history of the science of kinesiology.

Answer: From earliest times scientists made efforts to analyze human motion. The Greek scientists believed in the unity of body and mind. They interpreted man's activity as mechanistic, in accordance with their materialistic interpretation of the universe. Hippocrates recognized physiological benefits derived from such commonplace activities as walking. He wrote that walking

should be rapid in winter; slow in summer, unless it be under a burning heat, and that fleshy people should walk faster, thin people slower.

Hippocrates, and Aristotle later, each devised certain empirical theories about the relationship of anatomical structure to human mechanics; but the real scientific approach came much later.

During the Renaissance, German, English, French and Italian physiologists and physicists attacked the problem of analyzing animal and human movements. These studies form the real beginning of our modern understanding of kinesiology. Outstanding among these pioneers in this field were two physiologists, Descartes, French, and Von Haller, Swiss; one anatomist and physician, Galilei, Italian; and one physicist, Borelli, Italian.

But the 19th century brought still greater contributions. The basic facts of neuromuscular functioning were added to previous research by the Weber brothers, Sherrington, and Helmholtz.

Experimental work through successive decades reaffirmed the soundness of many of these theories of nervous stimulation and inhibition, and muscular reaction.

Then came such scientists as Braune, Fischer, Duchenne and Marey, who studied the problems of muscle mechanics, of body balance, and of graphic representation as related particularly to locomotion. It was out of these studies that the science of kinesiology was founded.

Today, we still continue to probe into the mysteries of human functioning. Mental activity is largely manifest in muscular forms; and both are dependent upon the functioning of the rest of the body. Thus movement (motor activity) becomes of interest to the physiologist, psychologist, the educator, and the physician. But it is through the physical educator and the field of physical education that the remedial specialists, with their detailed understanding of the locomotor and manipulative skills, should come.

4. Select any motor activity which you perform rather frequently. Study your actions from the standpoint of waste motions and apparent causes of fatigue if continued. If you perform it efficiently, how do you think you achieved this? If you perform it inefficiently, how could you go about improving your efforts?

Answer: (as varied as are the individuals answer the question.)

5. Discuss briefly why the articulations of the body are the hinges upon which the study of kinesiology swing.

Answer: Movement takes place in the body articulations. They are the loci of motion - just as the hinges of a door or the axle of a wheel are the points of motion for their respective services. Various types of door hinges result in different uses for doors. So it is with body articulations: the structure of the articulation will primarily determine its type and range of movement.

6. In much the same way as in Question 5, discuss the relationship of the muscles of the body to the study of kinesiology.

Answer: The muscles of the body are the sources of body motion; just as the articulations are the places of motion. The articulations would be relatively useless without the muscular propelling power. Hence, the larger muscles are located where the greatest force is needed, and the lesser where the least resistance is needed.

The human body is a self-propelling machine, whose power comes from muscular contraction. And it must be remembered that a muscle can only pull; it never pushes.

Gravity is a constant force pulling vertically downward on all objects, at all times. The muscles are always combating the downward pull of gravity. Likewise, if and when gravity can produce the desired movement, in the interests of muscular economy we soon learn to let the muscles relax and let gravity do the work.