

Course Outline

COURSE: ATH 10B **DIVISION:** 40 **ALSO LISTED AS:** KIN 10B PE 10B

TERM EFFECTIVE: Spring 2018 **CURRICULUM APPROVAL DATE:** 03/27/2017

SHORT TITLE: FUNDAMENTALS OF SOFTBALL

LONG TITLE: Fundamentals of Softball

<u>Units</u>	<u>Number of Weeks</u>	<u>Type</u>	<u>Contact Hours/Week</u>	<u>Total Contact Hours</u>
2	18	Lecture:	1	18
		Lab:	3	54
		Other:	0	0
		Total:	4	72

COURSE DESCRIPTION:

This course offers review and advanced instruction in the theory, strategies, and techniques of softball for the purposes of preparing the individual student in all aspects of playing and coaching the sport. May be repeated once for credit. This course has the option of a letter grade or pass/no pass. **ADVISORY:** PE 10A or KIN 10A or ATH 10A.

PREREQUISITES:

COREQUISITES:

CREDIT STATUS: D - Credit - Degree Applicable

GRADING MODES

L - Standard Letter Grade

P - Pass/No Pass

REPEATABILITY: R - Course may be repeated

Maximum of 1 times

SCHEDULE TYPES:

02 - Lecture and/or discussion

03 - Lecture/Laboratory

04 - Laboratory/Studio/Activity

STUDENT LEARNING OUTCOMES:

1. Demonstrate two different types of catches, bunts and hitting methods and explain the importance of sound pitching, catching and middle infield play to the success of a competitive softball team.

Measure of assessment: demonstration, oral and/or written report/exam

Year assessed, or planned year of assessment: 2016

Semester: Fall

2. Manage game-like situations while base coaching in order to facilitate the appropriate offensive and defensive strategies required.

Measure of assessment: role playing, demonstration

Year assessed, or planned year of assessment: 2016

Semester: Fall

CONTENT, STUDENT PERFORMANCE OBJECTIVES, OUT-OF-CLASS ASSIGNMENTS

Curriculum Approval Date: 03/27/2017

8 Hours (2 Hours Lecture/6 Hours Lab)

Introduction. Review of course syllabus and grading procedures. Review of equipment needs and introduction of advanced stretching and conditioning methods specific to softball. Throwing and catching. Detailed instruction in the mechanics of throwing and catching, fielding grounders and catching fly balls from various angles and hit at different speeds. Students who repeat the class will enhance their skills through constant repetition. They will discuss, demonstrate and write about the specific techniques mentioned above.

Student Performance Objectives: Demonstrate specific stretching and conditioning drills used for softball. Perform the proper techniques for fielding ground balls and catching fly balls.

12 Hours (3 Hours Lecture/9 Hours Lab)

Hitting. Review of hitting fundamentals and introduction and practice in various types of situational hitting techniques such as hitting behind the runner and slap hitting. Lecture, discussion, and video-taped analysis of various hitting methods. Bunting. Review of basic bunting fundamentals and integration of drag bunting, fake bunting and slap hit methods. Students who repeat the class will assist by instructing beginning players in the basic skills. They will

complete a video-taped analysis of a first year player.

Student Performance Objectives: Explain various types of situational hitting techniques and when they should be used. Demonstrate the techniques used for a drag bunt, fake bunt and slap hit and describe why each would be used.

8 Hours (2 Hours Lecture/6 Hours Lab)

Advanced base running strategies and introduction of advanced sliding techniques such as the hook and head first slides. Demonstration and guided practice in live situations. Base coaching. Philosophies and techniques of base coaching. Students who repeat the class will be provided a leadership role by utilizing their base coaching techniques during scrimmages and game situations. Their base running and sliding techniques will be improved through repetition.

Student Performance Objectives: Demonstrate a hook slide and a head first slide. Discuss the strategies involved in base coaching.

8 Hours (2 Hours Lecture/6 Hours Lab)

Pitching. Details in the mechanics of pitching, pitch selection and throwing various types of pitches including the change-up, drop ball, curve, screw ball and rise will be presented. Video analysis will be provided. Review of basic catching mechanics and a presentation of advanced instructional techniques involved in pitch calling, blocking balls, throwing out runners, catching foul balls and directing the defense. Repetition will increase proficiency of skills for those students who repeat the class.

Student Performance Objectives: Describe and/or demonstrate various types of pitches. Explain the responsibilities of a catcher.

8 Hours (2 Hours Lecture/6 Hours Lab)

Advanced infield and outfield play. Fielding difficult grounders, where and when to throw, catching fly balls, cut and relay techniques. Practical application in game situations. Defensive situations, philosophies and strategies involved in defending the bunt, double steal, rundowns and pick-off plays. Repetition of this course will provide the student with the opportunity to improve their infield and outfield play.

Student Performance Objectives: Demonstrate infield and outfield play, including throwing to the correct base, cut and relay techniques, fielding ground balls and catching fly balls through scrimmage and/or game situations. Explain the strategies involved in defending the bunt, double steal, rundowns and pick-off plays.

12 Hours (3 Hours Lecture/9 Hours Lab)

Offensive strategy and philosophy involved in more competitive levels of play will be presented. This will include application of various types of steals, bunts and hitting techniques in various situations. Review of advanced hitting and

bunting situations. A variety of game situations will be utilized for practice. Lecture, discussion and debate on the essential aspects of coaching including motivation, organization and skill development. Students who repeat the class will analyze a videotape of game play. This will include hitting and bunting situations.

Student Performance Objectives: Apply steals, bunts and hitting techniques in game-like situations. Discuss various offensive strategies used in softball and their personal coaching philosophy.

12 Hours (3 Hours Lecture/9 Hours Lab)

Inter-class play, including applying playing skills, base coaching and the rules of the game. Umpiring scrimmages will be included. Semester review and skill evaluation.

Student Performance Objectives: Apply their playing skills to game play.

2 Hours

METHODS OF INSTRUCTION:

Lecture, demonstration, guided practice, video-analysis and interpretation, group discussions.

METHODS OF EVALUATION:

Writing assignments

Percent of total grade: 10.00 %

Written homework

Skill demonstrations

Percent of total grade: 50.00 %

Demonstration

Objective examinations

Percent of total grade: 10.00 %

Multiple Choice, True/False, Matching Items, Completion

Other methods of evaluation

Percent of total grade: 30.00 %

Requires student participation.

OUT OF CLASS ASSIGNMENTS:

Required Outside Hours: 4

Assignment Description: Homework: As an out of class assignment, students will develop a list of stretching and conditioning exercises with the specific muscles they benefit. They will design a series of outfield and/or infield drills for softball players which will include diagrams of the organization and implementation of each drill.

Required Outside Hours: 6

Assignment Description: Homework: Outside of class, students will edit and produce a video-tape that shows proper hitting technique and common faults. They will spend time practicing their bunting skills in front of a mirror or by using whiffle or tennis balls.

Required Outside Hours: 4

Assignment Description: Homework: Outside of class, students will watch at least three softball or baseball games and make a chart which indicates: the types of slides the players used; a description of the situation in which the slide was made; and a critique of the slide made by a particular player. They will write a 1-2 page summary of the signals and instructions used by base coaches and the situations in which they were given.

Required Outside Hours: 4

Assignment Description: Homework: Students will watch two videos on the fundamentals of pitching and produce an outline of the drills and techniques presented. Through visualization and shadowing, they will practice the proper set-up, glove position on various pitches and blocking techniques used by catchers.

Required Outside Hours: 4

Assignment Description: Homework: Students will develop an organizational chart showing the use of the relay and cut off techniques with runners on base and in various game situations. The use of diagrams will be employed. Students will practice "rundown" situations

outside of class.

Required Outside Hours: 6

Assignment Description: Homework: As an out of class assignment, students will interview a softball coach and ask them various questions pertaining to their philosophies of hitting and bunting techniques and situations. They will 'break down' and analyze hitting mechanics, including bunting. Students will complete a written assignment on one aspect of coaching.

Required Outside Hours: 6

REPRESENTATIVE TEXTBOOKS:

No textbook required. Handouts will be provided.

ARTICULATION and CERTIFICATE INFORMATION

Associate Degree:

GAV E1, effective 201570

CSU GE:

CSU E, effective 201570

CSU E1, effective 201370

IGETC:

CSU TRANSFER:

Transferable CSU, effective 201570

UC TRANSFER:

Transferable UC, effective 201570

SUPPLEMENTAL DATA:

Basic Skills: N

Classification: Y

Noncredit Category: Y

Cooperative Education:

Program Status: 1 Program Applicable

Special Class Status: N

CAN:

CAN Sequence:

CSU Crosswalk Course Department: ATH

CSU Crosswalk Course Number: 10B

Prior to College Level: Y

Non Credit Enhanced Funding: N

Funding Agency Code: Y

In-Service: N

Occupational Course: E

Maximum Hours: 2

Minimum Hours: 2

Course Control Number: CCC000533501

Sports/Physical Education Course: Y

Taxonomy of Program: 083550