

**Course Outline**

**COURSE:** ATH 37                      **DIVISION:** 40                      **ALSO LISTED AS:** KIN 37 & PE 37

**TERM EFFECTIVE:** Summer 2020                      **CURRICULUM APPROVAL DATE:** 05/12/2020

**SHORT TITLE:** SOFTBALL

**LONG TITLE:** Softball

<u>Units</u>	<u>Number of Weeks</u>	<u>Type</u>	<u>Contact Hours/Week</u>	<u>Total Contact Hours</u>
.5 OR 1	18	Lecture:	0	0
		Lab:	1.5 OR 3	27 OR 54
		Other:	0	0
		Total:	1.5 OR 3	27 OR 54

**COURSE DESCRIPTION:**

This is a sport specific course designed for our student-athletes. Instruction is in the fundamentals of softball. Fundamentals, rules, strategy and game play are included. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass.

**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 3 times

**SCHEDULE TYPES:**

- 04 - Laboratory/Studio/Activity
- 04A - Laboratory - LEH 0.65
- 05 - Hybrid
- 73 - Dist. Ed Internet Delayed LAB
- 73A - Dist. Ed Internet LAB-LEH 0.65

## **STUDENT LEARNING OUTCOMES:**

1. Demonstrate the following skills: throwing, catching, pitching, hitting, bunting, fielding, base running, and sliding and execute them during specific situations, such as: slap, 1st & 3rd offensive and defensive situations and pick-offs.

Measure of assessment: demonstration

Year assessed, or planned year of assessment: 2017

Semester: Fall

2. Apply the rules of softball during game like situations.

Measure of assessment: written exam, role playing

Year assessed, or planned year of assessment: 2017

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

Curriculum Approval Date: 05/12/2020

3 - 6 Hours: Discuss class procedures, course syllabus and grading. Introduce stretching and conditioning. Demonstrate throwing and catching fundamentals. Practice the mechanics of these skills in group and individual settings.

SPO: The students will demonstrate the correct mechanics for throwing and catching a softball. They will participate in warm up stretching and conditioning drills.

3 - 6 Hours: Demonstrate and practice the fundamentals of fielding for both infield and outfield play. Incorporate throwing and catching skills with infield and outfield play in game-like practice situations.

SPO: The students will demonstrate the correct footwork required for infielders and outfielders. They will demonstrate the

proper throwing and catching fundamentals while playing the infield and the outfield.

3 - 6 Hours: Introduction to the fundamentals of hitting. Specific drills that will lead to the correct mechanics of hitting will be practiced. The techniques of bunting will be included.

SPO: The students will discuss the importance of weight shift and generating bat speed.

They will demonstrate the proper technique for hitting.

4.5 - 9 Hours: The skills learned to date will be incorporated into modified game situations. Introduce pitching. The proper techniques of base running and sliding will be described and demonstrated.

SPO: The students will discuss the mechanics of pitching. They will explain and demonstrate the proper techniques of base running and sliding. The students will perform the skills learned to date in game-like situations.

6 - 12 Hours: Discuss the strategies involved in softball. Introduction to defensive strategies for fielding slaps, 1st and 3rd situations, and pick-offs. Explain how the various skills learned are applied to these strategies. The rules of softball will be explained. Practice will continue on the skills learned through modified games.

SPO: The students will incorporate various softball strategies into game play. They will demonstrate the proper

offensive and defensive strategies in 1st and 3rd situations. The skills learned will be applied during game play.

6 -12 Hours: Game play, including a variety of modified games. May include a class tournament. Review for final.

SPO: The students will demonstrate their skills during game play. They will execute the appropriate offensive and defensive strategies based on the situation.

## **METHODS OF INSTRUCTION:**

demonstration, lecture, guided practice

**METHODS OF EVALUATION:**

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

Writing assignments

Percent of total grade: 10.00 %

Notebook

**REPRESENTATIVE TEXTBOOKS:**

**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: 37

Prior to College Level: Y

Non Credit Enhanced Funding: N

Funding Agency Code: Y

In-Service: N

Occupational Course: E

Maximum Hours: 1

Minimum Hours: .5

Course Control Number: CCC000533732

Sports/Physical Education Course: Y

Taxonomy of Program: 083550