



5055 Santa Teresa Blvd  
Gilroy, CA 95023

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### Course Outline

**COURSE:** ATH 45                      **DIVISION:** 40                      **ALSO LISTED AS:**

**TERM EFFECTIVE:** Summer 2024                      **CURRICULUM APPROVAL DATE:** 04/09/2024

**SHORT TITLE:** INTERCOLLEGIATE SOFTBALL

**LONG TITLE:** Intercollegiate Softball

<u>Units</u>	<u>Number of Weeks</u>	<u>Type</u>	<u>Contact Hours/Week</u>	<u>Total Contact Hours</u>
2.5 OR 3	18	Lecture:	0	0
		Lab:	7.5 OR 10	135 OR 180
		Other:	0	0
		Total:	7.5 OR 10	135 OR 180

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Out of Class Hrs:            000.00  
Total Learning Hrs:        135.00 OR 180.00

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#### **COURSE DESCRIPTION:**

This course provides practice and competition in intercollegiate softball for women. Before participating, students must have completed a physical exam and their athletic eligibility paperwork. 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
- 047 - Laboratory - LEH 0.7
- 05 - Hybrid
- 71 - Dist. Ed Internet Simultaneous
- 73 - Dist. Ed Internet Delayed LAB
- 737 - Dist. Ed Internet LAB-LEH 0.7

## STUDENT LEARNING OUTCOMES:

By the end of this course, a student should:

1. demonstrate the skills required of their position.
2. implement various offensive and defensive skills based on the situation.
3. execute game strategies specific to an opponent.
4. implement strategies to achieve game and season goals.

## COURSE OBJECTIVES:

By the end of this course, a student should:

1. Execute each game plan.
2. Demonstrate and explain the signs to be used during a game.
3. Participate in the drills and execute the skills required in various scrimmage and game situations.
4. They will be expected to participate in conditioning drills.
5. Demonstrate sport-specific stretching by leading their teammates through a stretching routine. They will be expected to participate in conditioning drills.

## COURSE CONTENT:

Curriculum Approval Date: 04/09/2024

5-8 Hours

Information provided on course expectations and requirements. Stretching and conditioning drills specific to softball. The conditioning drills may include such activities as form running, timed base running, and varied step running. Repetition will increase proficiency of the skills required to execute these drills for those students taking the class again.

23-30 Hours

Continue with conditioning. Development of individual and team skills. This may include practicing such drills as forehand and backhand fielding, short hops, bad throw and digs, and flyball communication, drills on defense and bunting, soft toss, and live hitting on offense. Introduce and review the offensive (hit and run, sacrifice bunt, steal, and various bunts) and defensive (defending the bunt, defending the steal, rundowns, and first and third pick-offs) strategies that will be used throughout the season. Demonstration and discussion of the signs to be used during a game. Students who repeat this class will become more proficient in these skills through repetition of the drills. They will gain an increased knowledge of the strategies involved in the sport of

softball as well as the opportunity to improve on their consistency.

**COURSE CONTENT (CONTINUED):**

85- 120 Hours

Implement the game plan specific to that weeks opponent(s). Students who repeat the class will improve on consistency and increase their success rate.

NOTE: The format for class would generally be:

---warm up (stretching and conditioning)

---form running, throwing fundamentals, ball drills including short hops and outfield drills

---individual work on skills and techniques broken down by position

---team work - infield and outfield, also may include a scrimmage

NOTE: Each week is usually broken down into:

---Monday - warm up, review fundamentals, focus on situations

---Tuesday - intercollegiate contest

---Wednesday - warm up, situational work on offensive fundamentals

---Thursday - intercollegiate contest

---Friday - warm up, fundamentals, situations (defensive and offensive fundamentals)

20 Hours

Player evaluations.

2 Hours

Final Exam.

NOTE:

Intercollegiate softball at Gavilan College is conducted according to the regulations of the California Community College Athletics Association and under the supervision of the Coast Conference.

**METHODS OF INSTRUCTION:**

Demonstration, Video, Discussion, Small Group Activities

**METHODS OF EVALUATION:**

Skill demonstrations

Evaluation Percent 40

Evaluation Description

Percent range of total grade: 40 % to 60 %

Performance Exams

Other methods of evaluation

Evaluation Percent 60

Evaluation Description

Percent range of total grade: 40 % to 60 %

Class participation required.

**REPRESENTATIVE TEXTBOOKS:**

No textbook required.

**ARTICULATION and CERTIFICATE INFORMATION**

Associate Degree:

GAV E1, effective 201570

CSU GE:

CSU E, effective 201570

CSU E1, effective 200470

IGETC:

CSU TRANSFER:

Transferable CSU, effective 201570

Not Transferable

UC TRANSFER:

Transferable UC, effective 201570

Not Transferable

**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:

CSU Crosswalk Course Number:

Prior to College Level: Y

Non Credit Enhanced Funding: N

Funding Agency Code: Y

In-Service: N

Occupational Course: E

Maximum Hours:

Minimum Hours:

Course Control Number: CCC000562974

Sports/Physical Education Course: Y

Taxonomy of Program: 083550