Course Outline

COURSE: KIN 10B
DIVISION: 40
ALSO LISTED AS: PE 10B
TERM EFFECTIVE: Fall 2013

SHORT TITLE: FUND OF SOFTBALL
LONG TITLE: Fundamentals of Softball

Units | Number of Weeks | Type | Contact Hours/Week | Total Contact Hours
---|---|---|---|---
2 | 18 | Lecture: 1 | 18 |
Lab: 3 | |
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. Previously listed as PE 10B. Course will be listed as ATH 10B effective Fall 2013. ADVISORY: PE 10A or KIN 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. Students will demonstrate two different types of catches, bunts and hitting methods.
2. Students will explain the importance of sound pitching, catching, and middle infield play to the success of a competitive softball team.

ILO: 7, 1, 2
Measure: oral report, written exam

3. Students will recognize various offensive and defensive situations common to softball and apply the appropriate techniques and strategies.

ILO: 7, 2, 4, 1
Measure: demonstration, written exam, oral exam

4. Students will utilize a variety of verbal and hand signals while base coaching to facilitate the proper offensive strategies appropriate to the situation.

ILO: 7, 2, 1, 4
Measure: role playing, demonstration

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

Inactive Course: 09/24/2012

**8 Hours**

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.

HW: 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.

SPO: Students will demonstrate specific stretching and conditioning drills used for softball. They will perform the proper techniques for fielding ground balls and catching fly balls.

**12 Hours**

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.

HW: 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.

SPO: Students will explain various types of situational hitting techniques and when they should be used. They will demonstrate the techniques used for a drag bunt, fake bunt and slap hit and describe why each would be used.

**8 Hours**

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.

HW: 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 hand
signals and verbal instructions used by base coaches and the situations in which they were given.

SPO: A hook slide and a head first slide will be demonstrated. Students will discuss the strategies involved
in base coaching.

8 Hours

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.

HW: 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.

SPO: Students will describe and/or demonstrate various types of pitches. They will explain the
responsibilities of a catcher.

8 Hours

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.

HW: 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.

SPO: Through scrimmage and/or game situations, students will demonstrate infield and outfield play,
including throwing to the correct base, cut and relay techniques, fielding ground balls, and catching fly balls.
They will explain the strategies involved in defending the bunt, double steal, rundowns, and pick-off plays.

12 Hours

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.

HW: 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.

SPO: Students will apply steals, bunts, and hitting techniques in game-like situations. They will discuss
various offensive strategies used in softball and their personal coaching philosophy.

12 Hours

10/26/2012
Interclass play, including applying playing skills, base coaching, and the rules of the game. Umpiring scrimmages will be included. Semester review and skill evaluation.
HW: Students will write a 1-2 page summary on an umpiring experience. They will select one offensive skill and one defensive skill and evaluate and/or analyze the mechanics of these skills.
SPO: Students will apply their playing skills to game play.

2 Hours
Final.

METHODS OF INSTRUCTION:
Lecture, demonstration, guided practice, video-analysis and interpretation, group discussions

METHODS OF EVALUATION:
The types of writing assignments required:
Written homework
The problem-solving assignments required:
None
The types of skill demonstrations required:
Performance exams
The types of objective examinations used in the course:
Multiple choice
True/false
Matching items
Completion
Other category:
Requires student participation
The basis for assigning students grades in the course:
Writing assignments: 15% - 20%
Problem-solving demonstrations: 0% - 0%
Skill demonstrations: 30% - 50%
Objective examinations: 15% - 20%
Other methods of evaluation: 20% - 40%

JUSTIFICATION:
The department is requesting a name change, from the Physical Education and Athletics Department to the Department of Kinesiology and Athletics.
The reasons for this action include:
1) A desire to follow suit with the 4-year colleges and universities.
2) A trend in the field. Community colleges are moving in this direction with Cabrillo College already taking this action. Others such as Sacramento City College, Mission College, and Diablo Valley College are also in the process of changing their name as well. Gavilan College can be a leader in this trend.
3) This more closely describes what our profession is about.
"Kinesiology is the academic discipline concerned with the art and science of human movement."
4) The state academic senate has proposed that Kinesiology and Exercise Science majors be added to the Disciplines List so they have recognized the move in this direction.

10/26/2012
5) Over recent years, there have been discussions within the State regarding the need to streamline Physical Education as a discipline. This would help with the negative connotation that is often identified with this discipline. Gavilan College has worked hard to modify our programs to meet State requirements for our major. The name change would be another step in the right direction.

REPRESENTATIVE TEXTBOOKS:

ARTICULATION and CERTIFICATE INFORMATION

Associate Degree:
  GAV E1, effective 201170
CSU GE:
  CSU E1, effective 201170
IGETC:
CSU TRANSFER:
  Transferable CSU, effective 201170
UC TRANSFER:
  Transferable UC, effective 201170

SUPPLEMENTAL DATA:
Basic Skills: N
Classification: A
Noncredit Category: Y
Cooperative Education:
Program Status: 1 Program Applicable
Special Class Status: N
CAN:
CAN Sequence:
CSU Crosswalk Course Department: KIN
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: CCC000528357
Sports/Physical Education Course: Y
Taxonomy of Program: 083500