

Course Outline

COURSE: KIN 137A **DIVISION:** 40 **ALSO LISTED AS:**

TERM EFFECTIVE: Spring 2016 **CURRICULUM APPROVAL DATE:** 10/12/2015

SHORT TITLE: SOFTBALL - BEGINNING

LONG TITLE: Softball - Beginning

<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:

Coeducational activity designed for beginning softball students. Includes the fundamental skills and rules. This course has the option of a letter grade or pass/no pass. Courses should be taken in sequential order.

PREREQUISITES:

COREQUISITES:

CREDIT STATUS: D - Credit - Degree Applicable

GRADING MODES

- L - Standard Letter Grade
- P - Pass/No Pass

REPEATABILITY: N - Course may not be repeated

SCHEDULE TYPES:

- 04 - Laboratory/Studio/Activity

STUDENT LEARNING OUTCOMES:

1. Perform the correct techniques for the following skills: throwing, catching, fielding, hitting, and base running.

Measure: demonstration

PLO: 4

ILO: 7,2

GE-LO: E1

Anticipated Year of Assessment: 2015-16

2. Explain and practice the rules of softball.

Measure: written exam, oral quiz, demonstration

PLO: 7,4

ILO: 2,7,1

GE-LO: A1,A2

Anticipated Year of Assessment: 2015-16

PROGRAM LEARNING OUTCOMES:

After completing the Kinesiology major a student will be able to:

1. List and describe five career options available in the field of kinesiology.
2. Describe and critically analyze the role of physical activity and its impact on health, society and quality of life.
3. Discuss the history and broad content within the discipline of kinesiology and develop skills to enable the synthesis of concepts across disciplines.
4. Identify critical elements of motor skill performance, combine motor skills into appropriate sequences for the purpose of improving skill learning, and demonstrate competent motor skill performance in a variety of physical activities.
5. Identify the skeletal and muscular structures of the human body.
6. Utilize measurement concepts (qualitative and quantitative) to assess student/client performance and program effectiveness.
7. Describe and demonstrate effective verbal and nonverbal communication skills.

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

Curriculum Approval Date: 10/12/2015

3 - 6 Hours

Content: Discuss class procedures, course syllabus and grading. Introduce stretching and conditioning. Demonstrate the fundamentals of throwing and catching with emphasis on: throwing - holding the ball correctly, using the legs, and rotating shoulders; and catching - eyes on the ball, using two hands, and putting the body in front of the ball.

Student Performance Objectives (SPO): Demonstrate the correct mechanics for throwing and catching a softball. Participate in warm-up stretching and conditioning drills.

Out-of-Class Assignments:

3 - 6 Hours

Content: Warm-up stretching and conditioning. Review throwing and catching. Presentation on the fundamentals of fielding for both infield and outfield play with emphasis on: eyes on the ball and fielding ball in front of the body. Incorporate throwing and catching skills with infield and outfield play in a variety of activities.

Student Performance Objectives (SPO): Discuss the importance of staying in front of the ball. Demonstrate the proper fundamentals for fielding a ball for both infield and outfield play. Perform the correct throwing and catching techniques while playing the infield and outfield.

Out-of-Class Assignments:

3 - 6 Hours

Content: Warm-up stretching and conditioning. Review fielding. Introduce the fundamentals of hitting with emphasis on: head and eyes down on contact, strong base of support, pivoting on back foot which rotates hips, and driving shoulder, elbow, and hand into the ball. The basic techniques for bunting will be included.

Student Performance Objectives (SPO): Discuss the importance of the weight shift when hitting. Demonstrate the correct techniques for hitting, including a basic bunt. Participate in class activities.

Out-of-Class Assignments:

4.5 - 9 Hours Content: Warm-up stretching and conditioning. Review hitting, including basic bunting. Introduce base running with emphasis on: running through 1st base and knowing when to and when not to advance. Continue working on all skills learned to date in a variety of game-like activities.

Student Performance Objectives (SPO): Demonstrate the correct base running technique when running to 1st base. Explain when you should and should not advance a base. Participate in all class activities.

Out-of-Class Assignments:

6 - 12 Hours

Content: Warm-up stretching and conditioning. Presentation on the rules of softball. Review base running. Continue to work on skill building by providing opportunities for students to practice their throwing, catching, fielding, hitting, and base running skills by incorporating them in various drills.

Student Performance Objectives (SPO): Discuss the rules of softball. Utilize one's throwing, catching, fielding, hitting, and base running skills during class activities.

Out-of-Class Assignments:

6 - 12 Hours

Content: Warm-up stretching and conditioning. Review the rules of softball and utilize them in game-like activities. Continue working on skills in a variety of drill and game-like activities. Skill testing.

Student Performance Objectives (SPO): Practice the rules during class activities. Utilize the correct techniques when performing all softball skills. Participate in class activities, including skill testing.

METHODS OF INSTRUCTION:

guided practice, demonstration, discussion

METHODS OF EVALUATION:

Category 1 - The types of writing assignments required:

Percent range of total grade: % to %

If this is a degree applicable course, but substantial writing assignments are NOT appropriate, indicate reason

Course primarily involves skill demonstration or problem solving

Category 2 - The problem-solving assignments required:

Percent range of total grade: % to %

Category 3 - The types of skill demonstrations required:

Percent range of total grade: 35 % to 60 %

Performance Exams

Category 4 - The types of objective examinations used in the course:

Percent range of total grade: 10 % to 20 %

Multiple Choice

True/False

Matching Items

Completion

Other: short answer

Category 5 - Any other methods of evaluation:

REPRESENTATIVE TEXTBOOKS:

No textbook required.

ARTICULATION and CERTIFICATE INFORMATION

Associate Degree:

CSU GE:

IGETC:

CSU TRANSFER:

Transferable CSU, effective 201630

UC TRANSFER:

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: KIN

CSU Crosswalk Course Number: 137A

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:

Sports/Physical Education Course: Y

Taxonomy of Program: 127000