

Course Outline

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

TERM EFFECTIVE: Fall 2011 **Inactive Course**

SHORT TITLE: FUND 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. This course is now listed as Kinesiology 10B, effective Fall 2011. **ADVISORY:** PE 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.

ILO: 7, 2

Measure: performance

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: 11/08/2010

This course is now listed as Kinesiology 10B, effective Fall 2011.

Curriculum Approval Date: 02/25/2008

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

11/7/2012

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

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%

REPRESENTATIVE TEXTBOOKS:

ARTICULATION and CERTIFICATE INFORMATION

Associate Degree:

CSU GE:

IGETC:

CSU TRANSFER:

Transferable CSU, effective 200870

UC TRANSFER:

Transferable UC, effective 200870

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: PE
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:
Minimum Hours:
Course Control Number: CCC000076293
Sports/Physical Education Course: Y
Taxonomy of Program: 083500