

Course Outline

COURSE: ATH 10A **DIVISION:** 40 **ALSO LISTED AS:** KIN 10A & PE 10A

TERM EFFECTIVE: Spring 2021 **CURRICULUM APPROVAL DATE:** 02/09/2021

SHORT TITLE: FUNDAMENTALS 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:

Basic theory, strategies, technique, practice and conditioning of softball to prepare 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.

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
- 047 - Laboratory - LEH 0.7
- 05 - Hybrid
- 71 - Dist. Ed Internet Simultaneous
- 72 - Dist. Ed Internet Delayed
- 73 - Dist. Ed Internet Delayed LAB
- 737 - Dist. Ed Internet LAB-LEH 0.7

STUDENT LEARNING OUTCOMES:

1. Demonstrate and explain the proper mechanics involved in throwing, catching, fielding, hitting, bunting, pitching, base running and sliding.

Measure of assessment: demonstration, exam, discussion

Year assessed, or planned year of assessment: 2015

Semester: Fall

2. Recognize various offensive and defensive situations common to softball and apply the appropriate techniques and strategies.

Measure of assessment: demonstration, exam, role playing

Year assessed, or planned year of assessment: 2015

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

Curriculum Approval Date: 02/09/2021

DE MODIFICATION ONLY

8 Hours (2 Hours Lecture/6 Hours Lab)

Introduction. Discussion of course syllabus and grading procedures. Equipment needs, conditioning and stretching for softball. Throwing and catching. Essential fundamentals of throwing and catching, including stance, body and hand position and mechanics involved in each skill. Students who repeat this class will become more proficient in these basic skills through repetition of the drills in this course.

Student Performance Objectives: Discuss the course requirements. Explain the proper methods of stretching and conditioning for softball. Demonstrate and explain the basic fundamentals involved in throwing and catching.

12 Hours (3 Hours Lecture/9 Hours Lab)

Hitting. Basic hitting fundamentals including stance, proper arm, hand and head position, and developing a smooth swing. Lecture, discussion, film and guided practice in hitting. Bunting. Fundamental mechanics involved in the sacrifice bunt and bunting for a base hit. Students will be exposed to the skills involved in executing both types of bunts through lectures, demonstration, video and guided practice. Students who repeat this course will become more proficient in executing the basic mechanics of hitting. They will have the opportunity to work on their drag bunting skills.

Student Performance Objectives: Describe and demonstrate the mechanics of hitting and bunting. Explain the difference between a sacrifice bunt and a drag bunt.

8 Hours (2 Hours Lecture/6 Hours Lab)

Base running and sliding. Essential base running and sliding techniques. Proper mechanics and team philosophy. Base coaching. Philosophies and techniques of base coaching. Students who repeat this course will have a greater knowledge of the strategies involved in base coaching and will become more skilled at base running and sliding.

Student Performance Objectives: Discuss, explain and perform base running and sliding techniques. Outline the responsibilities and duties of a base coach. Execute the verbal and hand commands involved in base coaching.

8 Hours (2 Hours Lecture/6 Hours Lab)

Pitching. Introduction to the basic mechanics and techniques involved in pitching. Catching. Basic techniques and responsibilities of the catcher. Set-up, giving a target, blocking balls and throwing techniques to bases. Students who repeat the class will become more proficient in demonstrating the fundamental skills of pitching and catching.

Student Performance Objectives: Describe and/or demonstrate the basic mechanics of pitching and the basic techniques of catching.

8 Hours (2 Hours Lecture/6 Hours Lab)

Basic infield and outfield play. Fielding routine grounders and fly balls, where and when to throw, cut and relay techniques. Practical

application in game situations. Special defensive situations. Defensive and offensive situations, philosophies and strategies involved in defending the bunt, double-steal, rundowns and pick-off plays. Practice opportunities will be provided through drills and scrimmage situations. Students who repeat the class will be provided leadership roles through peer teaching. They will become more proficient in their skills through repetition.

Student Performance Objectives: Demonstrate the skills required for basic infield and outfield play through drills and scrimmage situations. Discuss strategies involved in specific defensive situations.

12 Hours (3 Hours Lecture/9 Hours Lab)

Common offensive situations. Basic offensive strategy and philosophy involving the bunt, steal and hit and run plays. Classroom lecture, on-field instruction and drills will be utilized. Review of hitting and bunting principles. Rules of play. Lecture and discussion on the basic rules of the game. Students who repeat this class will demonstrate their knowledge by umpiring scrimmages and making the correct calls depending on the situation.

Student Performance Objectives: Demonstrate bunts, steals and hit and run plays during practice and scrimmage situations. Recognize typical bunt situations and apply the appropriate skills.

12 Hours (3 Hours Lecture/9 Hours Lab)

Inter-class play. Students will utilize their playing skills, base coaching and the rules of the game through inter-class play and by umpiring scrimmages. Semester review and skill evaluation.

Student Performance Objectives: Demonstrate their playing skills and base coaching abilities through practice and scrimmage situations.

2 Hours

METHODS OF INSTRUCTION:

Lecture, demonstration, guided practice, video-analysis and interpretation, group discussions.

METHODS OF EVALUATION:

Writing assignments

Percent of total grade: 10.00 %

Written homework

Skill demonstrations

Percent of total grade: 50.00 %

Demonstration

Objective examinations

Percent of total grade: 10.00 %

Multiple Choice, True/False, Matching Items

Other methods of evaluation

Percent of total grade: 30.00 %

Requires student participation.

OUT OF CLASS ASSIGNMENTS:

Required Outside Hours: 4

Assignment Description: Homework: An out of class assignment will be watching a video of a professional game and writing a description of the throwing and catching skills shown.

Required Outside Hours: 6

Assignment Description: Homework: Students will analyze pictures of various players' batting stances and make a list of the fundamental skills they observe in the pictures. They will break down their bunting techniques through the use of a mirror and/or video.

Required Outside Hours: 4

Assignment Description: Homework: Students will perform bent leg slides on a grass lawn. They will create an outline of the primary responsibilities, duties, and verbal and hand commands involved in base coaching.

Required Outside Hours: 4

Assignment Description: Homework: Students will watch and critique videos on the fundamentals of pitching and catching. They will practice these skills outside of class time.

Required Outside Hours: 4

Assignment Description: Homework: In writing, the students will describe infield mechanics and the skills involved in moving behind and catching fly balls. They will watch a playoff game and write down how many bunts, double-steals, rundowns and pick-off plays they observed and describe the situations.

Required Outside Hours: 6

Assignment Description: Homework: Students will analyze the offensive strategy utilized during that week's scrimmage. They will read two case studies in the NCAA Softball Rules Book and write their interpretation of the ruling and in what game situations the ruling might come into play.

Required Outside Hours: 6

Assignment Description: Homework: Students will write an analysis of the skills they have learned, improvements made and the skills still needing work. They will break down and critique video of their techniques.

REPRESENTATIVE TEXTBOOKS:

ARTICULATION and CERTIFICATE INFORMATION

Associate Degree:

GAV E1, effective 201370

CSU GE:

CSU E, effective 201570

CSU E1, effective 201370

IGETC:

CSU TRANSFER:

Transferable CSU, effective 201770

UC TRANSFER:

Transferable UC, effective 201770

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: 10A

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: CCC000533484

Sports/Physical Education Course: Y

Taxonomy of Program: 083550