



5055 Santa Teresa Blvd
Gilroy, CA 95023

Course Outline

COURSE: ATH 37 **DIVISION:** 40 **ALSO LISTED AS:** KIN 37 & PE 37

TERM EFFECTIVE: Summer 2025 **CURRICULUM APPROVAL DATE:** 06/10/2025

SHORT TITLE: SOFTBALL

LONG TITLE: Softball

<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

Out of Class Hrs: 00.00

Total Learning Hrs: 27.00 OR 54.00

COURSE DESCRIPTION:

This is a sport specific course designed for our student-athletes. Instruction is in the fundamentals of softball. Fundamentals, rules, strategy and game play are included. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass.

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

04A - Laboratory - LEH 0.65

05 - Hybrid

73 - Dist. Ed Internet Delayed LAB

73A - Dist. Ed Internet LAB-LEH 0.65

STUDENT LEARNING OUTCOMES:

By the end of this course, a student should:

1. Demonstrate the following skills: throwing, catching, pitching, hitting, bunting, fielding, base running, and sliding and execute them during specific situations, such as:
slap, 1st & 3rd offensive and defensive situations and pick-offs.
2. Apply the rules of softball during game like situations.

COURSE OBJECTIVES:

By the end of this course, a student should:

1. Execute the appropriate offensive and defensive strategies based on the situation.
2. Demonstrate the proper offensive and defensive strategies in 1st and 3rd situations.
3. Explain and demonstrate the proper techniques of base running and sliding.
4. Discuss the mechanics of pitching.
5. Demonstrate the proper technique for hitting.
6. Discuss the importance of weight shift and generating bat speed.
7. Demonstrate proper throwing and catching fundamentals while playing infield and the outfield.
8. Demonstrate the correct footwork required for infielders and outfielders.
9. Demonstrate and participate in warm up stretching and conditioning drills.
10. Demonstrate the correct mechanics for throwing and catching a softball.

COURSE CONTENT:

Curriculum Approval Date: 06/10/2025

3 - 6 Hours: Discuss class procedures, course syllabus and grading. Introduce stretching and conditioning. Demonstrate throwing and catching fundamentals. Practice the mechanics of these skills in group and individual settings.

3 - 6 Hours: Demonstrate and practice the fundamentals of fielding for both infield and outfield play. Incorporate throwing and catching skills with infield and outfield play in game-like practice situations.

3 - 6 Hours: Introduction to the fundamentals of hitting. Specific drills that will lead to the correct mechanics of hitting will be practiced. The techniques of bunting will be included.

4 - 10 Hours: The skills learned to date will be incorporated into modified game situations. Introduce pitching. The proper techniques of base running and sliding will be described and demonstrated.

6 - 12 Hours: Discuss the strategies involved in softball. Introduction to defensive strategies for fielding slaps, 1st and 3rd situations, and pick-offs. Explain how the various skills learned are applied to these strategies. The rules of softball will be explained. Practice will continue on the skills learned through modified games.

6 -12 Hours: Game play, including a variety of modified games. May include a class tournament. Review for final.

2 Hours: Final Exam.

METHODS OF INSTRUCTION:

demonstration, lecture, guided practice

METHODS OF EVALUATION:

Skill demonstrations

Evaluation Percent 40

Evaluation Description

Demonstration

Objective examinations

Evaluation Percent 10

Evaluation Description

Multiple choice

True/false

Matching items

Completion

Other methods of evaluation

Evaluation Percent 50

Evaluation Description

Requires student participation

REPRESENTATIVE TEXTBOOKS:

No textbook required.

ARTICULATION and CERTIFICATE INFORMATION

Associate Degree:

GAV E

CSU TRANSFER:

Transferable CSU

UC TRANSFER:

Transferable UC

SUPPLEMENTAL DATA:

Basic Skills: N

Classification: Y

Noncredit Category: Y

Cooperative Education:

Program Status: 1 Program Applicable

Special Class Status: N

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: CCC000533732

Sports/Physical Education Course: Y

Taxonomy of Program: 083550