

Course Outline

COURSE: ATH 45 **DIVISION:** 40 **ALSO LISTED AS:**

TERM EFFECTIVE: Spring 2021 **CURRICULUM APPROVAL DATE:** 10/13/2020

SHORT TITLE: INTERCOLLEGIATE SOFTBALL

LONG TITLE: Intercollegiate Softball

<u>Units</u>	<u>Number of Weeks</u>	<u>Type</u>	<u>Contact Hours/Week</u>	<u>Total Contact Hours</u>
2.5 OR 3	18	Lecture:	0	0
		Lab:	7.5 OR 10	135 OR 180
		Other:	0	0
		Total:	7.5 OR 10	135 OR 180

COURSE DESCRIPTION:

This course provides practice and competition in intercollegiate softball for women. Before participating, students must have completed a physical exam and their athletic eligibility paperwork. May be repeated three times 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 3 times

SCHEDULE TYPES:

- 04 - Laboratory/Studio/Activity
- 046 - Laboratory - LEH 0.6
- 05 - Hybrid
- 71 - Dist. Ed Internet Simultaneous
- 73 - Dist. Ed Internet Delayed LAB
- 736 - Dist. Ed Internet LAB-LEH 0.6

STUDENT LEARNING OUTCOMES:

1. The student will demonstrate the skills required of their position.

Measure: demonstration

PLO: 4

ILO: 7, 2

GE-LO:

Year assessed or anticipated year of assessment: S2014

2. The student will implement various offensive and defensive skills based on the situation.

Measure: demonstration, discussion

PLO: 4

ILO: 7, 2, 1,

GE-LO:

Year assessed or anticipated year of assessment: S2014

3. The student will execute game strategies specific to an opponent.

Measure:

PLO: 4

ILO: 1, 2, 4, 7

GE-LO:

Year assessed or anticipated year of assessment: S2014

4. The student will implement game and season goals.

Measure: performance, discussion

PLO: 4

ILO: 1, 2, 4, 6, 7

GE-LO:

Year assessed or anticipated year of assessment: S2014

PROGRAM LEARNING OUTCOMES:

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: 10/13/2020

DE UPDATE ONLY

20 Hours

Information provided on course expectations and requirements. Stretching and conditioning drills specific to softball. The conditioning drills may include such activities as form running, timed base running, and varied step running. Repetition will increase proficiency of the skills required to execute these drills for those students taking the class again.

SPO: Students will demonstrate sport specific stretching by leading their teammates through a stretching routine. They will be expected to participate in conditioning drills.

30 Hours

Continue with conditioning. Development of individual and team skills. This may include practicing such drills as forehand and backhand fielding, short hops, bad throw and digs, and fly ball communication drills on defense and bunting, soft toss, and live hitting on offense. Introduce and review the offensive (hit and run, sacrifice bunt, steal, and various bunts) and defensive (defending the bunt, defending the steal, rundowns, and first and third pick-offs) strategies that will be used throughout the season. Demonstration and discussion of the signs to be used during a game. Students who repeat this class will become more proficient in these skills through repetition of the drills. They will gain an increased knowledge of the strategies involved in the sport of softball as well as the opportunity to improve on their consistency.

SPO: Students will participate in the drills and execute the skills required in various scrimmage and game situations. They will demonstrate and explain the signs to be used during a game.

110 Hours

Implement the game plan specific to that weeks opponent(s). Students who repeat the class will improve on consistency and increase their success rate.

SPO: Students will be able to execute each game plan.

NOTE: The format for class would generally be:

- warm up (stretching and conditioning)
- form running, throwing fundamentals, soft toss, and short hops
- individual work on skills and techniques broken down by position
- team work - infield and outfield, also may include a scrimmage

NOTE: Each week is usually broken down into:

- Monday - warm up, review fundamentals, focus on situations
- Tuesday - intercollegiate contest
- Wednesday - warm up, situational work on offensive fundamentals
- Thursday - intercollegiate contest
- Friday - warm up, fundamentals, situations (defensive and offensive fundamentals)

10 Hours

Player evaluations.

2 Hours

Final.

NOTE: Intercollegiate softball at Gavilan College is conducted according to the regulations of the California Community College Athletics Association and under the supervision of the Coast Conference.

METHODS OF INSTRUCTION:

Demonstration, Video, Discussion, Small Group Activities

METHODS OF EVALUATION:

CATEGORY 1 - The types of writing assignments required:

Percent range of total grade: 0 %

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: 0 %

CATEGORY 3 -The types of skill demonstrations required:

Percent range of total grade: 40 % to 60 %

Performance Exams

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

Percent range of total grade: 0 % to %

CATEGORY 5 - Any other methods of evaluation:

Percent range of total grade: 40 % to 60 %

Class participation required.

ARTICULATION and CERTIFICATE INFORMATION

Associate Degree:

GAV E1, effective 201570

CSU GE:

CSU E, effective 201570

CSU E1, effective 200470

IGETC:

CSU TRANSFER:

Transferable CSU, effective 201570

UC TRANSFER:

Transferable UC, effective 201570

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: 45

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: CCC000562974

Sports/Physical Education Course: Y

Taxonomy of Program: 083550