



5055 Santa Teresa Blvd  
Gilroy, CA 95023

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### Course Outline

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

**TERM EFFECTIVE:** Summer 2025

**CURRICULUM APPROVAL DATE:** 05/13/2025

**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

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Out of Class Hrs: 00.00

Total Learning Hrs: 27.00 OR 54.00

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### 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.

**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

04A - Laboratory - LEH 0.65

**STUDENT LEARNING OUTCOMES:**

By the end of this course, a student should:

1. Perform the correct techniques for the following skills: throwing, catching, fielding, hitting, and base running.
2. Explain and practice the rules of softball.

**COURSE OBJECTIVES:**

By the end of this course, a student should:

1. Demonstrate proper warm-up stretching and conditioning drills.
2. Discuss the rules of softball.
3. Explain when you should and should not advance a base.
4. Demonstrate the correct base running technique when running to 1st base.
5. Demonstrate the correct techniques for hitting, including a basic bunt.
6. Discuss the importance of the weight shift when hitting.
7. Demonstrate the proper fundamentals for fielding a ball for both infield and outfield play, including the importance of staying in front of the ball.
8. Demonstrate the correct mechanics for throwing and catching a softball.
9. Perform the correct throwing and catching techniques while playing the infield and outfield.

**COURSE CONTENT:**

Curriculum Approval Date: 05/13/2025

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.

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.

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, pivot, hip rotation, and driving shoulder, elbow, and hand into the ball. The basic techniques for bunting will be included.

4 - 10 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.

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.

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.

2 Hours

Final exam

**METHODS OF INSTRUCTION:**

guided practice, demonstration, discussion

**METHODS OF EVALUATION:**

Skill demonstrations

Evaluation Percent 30

Evaluation Description

Performance Exams

Objective examinations

Evaluation Percent 10

Evaluation Description

Multiple Choice

True/False

Matching Items

Completion

Other: short answer

Other methods of evaluation

Evaluation Percent 60

Evaluation Description

Class participation.

**REPRESENTATIVE TEXTBOOKS:**

No textbook required.

**ARTICULATION and CERTIFICATE INFORMATION**

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

Course Control Number: CCC000568860

Sports/Physical Education Course: Y

Taxonomy of Program: 127000