

Course Outline

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

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:

Basic theory, strategy, 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. This course is now listed as Kinesiology 10A, effective Fall 2011.

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. The student will demonstrate the basic fundamentals involved in throwing, catching, fielding, hitting, and bunting.

ILO: 7, 2

Measure: performance

2. The student will explain the proper mechanics involved in pitching, catching, base running, and sliding.

ILO: 7, 1, 2, 4

Measure: oral report, role playing, demonstration, written exam

3. The student will recognize various offensive and defensive situations common to softball and react accordingly.

ILO: 7, 2

Measure: demonstration, exam

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

Inactive Course: 11/08/2010

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

Curriculum Approval Date: 02/25/2008

8 Hours

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.

HW: 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.

SPO: Students will demonstrate the proper methods of stretching and conditioning for softball. They will demonstrate and explain the basic fundamentals involved in throwing and catching.

12 Hours

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.

HW: 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.

SPO: Students will describe and demonstrate the mechanics of hitting and bunting. They will explain the difference between a sacrifice bunt and a drag bunt.

8 Hours

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.

HW: 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.

SPO: Students will discuss, explain, and perform base running and sliding techniques. They will outline the responsibilities and duties of a base coach. They will execute the verbal and hand commands involved in base coaching.

8 Hours

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.

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

SPO: Students will describe and/or demonstrate the basic mechanics of pitching and the basic techniques of catching.

8 Hours

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.

HW: 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.

SPO: Through drills and scrimmage situations students will demonstrate the skills required for basic infield and outfield play. They will discuss strategies involved in specific defensive situations.

12 Hours

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.

HW: 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.

SPO: Students will demonstrate bunts, steals, and hit and run plays during practice and scrimmage situations. They will recognize typical bunt situations and apply the appropriate skills.

12 Hours

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

HW: 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.

SPO: Students will demonstrate their playing skills and base coaching abilities through practice and scrimmage situations.

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:

No textbook required.

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: 10A
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: CCC000232342
Sports/Physical Education Course: Y
Taxonomy of Program: 083500