



# El Camino College

## COURSE OUTLINE OF RECORD - Official

### I. GENERAL COURSE INFORMATION

**Subject and Number:** Physical Education 120ABC  
**Descriptive Title:** Women's Intercollegiate Softball Team

**Course Disciplines:** Physical Education  
or Coaching

**Division:** Health Sciences and Athletics

**Catalog Description:** This course provides instruction, training, and practice in the advanced techniques of softball and the opportunity for intercollegiate competition. Students will compete against conference schools and other colleges.

*Note: This course is offered in the spring semester only.*

*\*Note: Some UC transferrable courses have credit limitations. For details, see a counselor, the Transfer Center advisor, or articulation officer.*

**Conditions of Enrollment:** Recommended Preparation

High school varsity experience or equivalent skill.

**Course Length:**  Full Term  Other (Specify number of weeks):  
**Hours Lecture:** 0 hours per week  TBA  
**Hours Laboratory:** 10.00 hours per week  TBA  
**Course Units:** 3.00

**Grading Method:** Letter  
**Credit Status:** Associate Degree Credit

**Transfer CSU:**  Effective Date: Prior to July 1992

**Transfer UC:**  Effective Date: Spring 1994

**General Education:**

**El Camino College:** \_\_\_\_\_

**CSU GE:** \_\_\_\_\_

**IGETC:** \_\_\_\_\_

### II. OUTCOMES AND OBJECTIVES

**A. COURSE STUDENT LEARNING OUTCOMES (The course student learning outcomes are listed below, along with a representative assessment method for each. Student learning outcomes are not subject to review, revision or approval by the College Curriculum Committee)**

1. Student will demonstrate proficiency in fielding of their appropriate position in softball.
2. Students will demonstrate improvement in the cardio respiratory endurance component of fitness.
3. Students will define and apply acceptable levels of sportsmanship during competition.

The above SLOs were the most recent available SLOs at the time of course review. For the most current SLO statements, visit the El Camino College SLO webpage at <http://www.elcamino.edu/academics/slo/>.

**B. Course Student Learning Objectives (The major learning objective for students enrolled in this course are listed below, along with a representative assessment method for each)**

1. Demonstrate the offensive techniques of hitting, slapping, bunting, and base running.  
Class Performance
2. Demonstrate the defensive techniques of the infielder and outfielder positions.  
Class Performance
3. Evaluate strengths and weaknesses in the execution of softball technical skills such as batting, fielding ground balls, catching fly balls and throwing.  
Class Performance
4. Comprehend and apply the rules of intercollegiate softball.  
Class Performance

**III. OUTLINE OF SUBJECT MATTER (Topics are detailed enough to enable a qualified instructor to determine the major areas that should be covered as well as ensure consistency from instructor to instructor and semester to semester.)**

Lecture or Lab	Approximate Hours	Topic Number	Major Topic
Lab	12	I	Orientation A. Player evaluation B. Rules and Regulations
Lab	18	II	Hitting Drills A. Bunting B. Fly and ground balls
Lab	20	III	Offensive Drills A. Base running B. Sliding C. Stealing a base
Lab	20	IV	Defensive Drills A. Fielding fly and ground balls B. Throwing to any base C. Pitching and catching
Lab	10	V	Sliding A. Head first B. Hook

Lab	10	VI	Signals A. Pitcher B. Catcher C. Fielders D. Batter
Lab	20	VII	Game-like Situations A. Bases empty B. Bases loaded C. Fly or ground ball D. Status of outs E. Position of players in the field
Lab	60	VIII	Team and Individual Situational Development A. Intercollegiate practice B. Situational practice C. Intersquad scrimmages D. Positional skill refinement E. Strength and conditioning
Lab	10	IX	Post Season Player Evaluation A. Video analysis B. Transfer preparation C. Individual skills and outcome review D. Team Goals and outcome review
<b>Total Lecture Hours</b>		0	
<b>Total Laboratory Hours</b>		180	
<b>Total Hours</b>		180	

#### IV. PRIMARY METHOD OF EVALUATION AND SAMPLE ASSIGNMENTS

##### A. PRIMARY METHOD OF EVALUATION:

Skills demonstrations

##### B. TYPICAL ASSIGNMENT USING PRIMARY METHOD OF EVALUATION:

Demonstrate the batting skills used in bunting and hitting. Explain to the instructor the value and strategy of each.

##### C. COLLEGE-LEVEL CRITICAL THINKING ASSIGNMENTS:

1. With runners on first and third and one out, the shortstop fields a ground ball and sees the runners in motion. Identify two options available to the infielder and explain the strengths and weaknesses of each option to the instructor.
2. Demonstrate to the instructor where to position yourself defensively when a curve, screw, rise, change and drop ball pitch are being thrown.

##### D. OTHER TYPICAL ASSESSMENT AND EVALUATION METHODS:

Class Performance

Other (specify):

Intercollegiate competition

## V. INSTRUCTIONAL METHODS

Demonstration

Multimedia presentations

Other (please specify)

Structured batting skills at hitting stations with pitching machine and live pitching

Video analysis of hitting/fielding drills

Video analysis of game offense and defense

**Note: In compliance with Board Policies 1600 and 3410, Title 5 California Code of Regulations, the Rehabilitation Act of 1973, and Sections 504 and 508 of the Americans with Disabilities Act, instruction delivery shall provide access, full inclusion, and effective communication for students with disabilities.**

## VI. WORK OUTSIDE OF CLASS

Skill practice

Course is lab only - minimum required hours satisfied by scheduled lab time and estimated student hours outside of class per week is zero.

Other (specify)

Intercollegiate competition and tournaments

**Estimated Independent Study Hours per Week:**

## VII. TEXTS AND MATERIALS

A. UP-TO-DATE REPRESENTATIVE TEXTBOOKS

B. ALTERNATIVE TEXTBOOKS

C. REQUIRED SUPPLEMENTARY READINGS

D. OTHER REQUIRED MATERIALS

## VIII. CONDITIONS OF ENROLLMENT

A. Requisites (Course and Non-Course Prerequisites and Corequisites)

Requisites	Category and Justification
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B. Requisite Skills

Requisite Skills
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C. Recommended Preparations (Course and Non-Course)

Recommended Preparation	Category and Justification
Course Recommended Preparation	

D. Recommended Skills

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<b>Recommended Skills</b>
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Students who have demonstrated the skills and abilities for enrollment in the athletic development course will have a greater ability to succeed based on the following areas. Student will have a comprehensive understanding of the rules and regulations of the athletic sport. The student will understand tactics, alignments and strategies of play. This individual will also be aware of phases of conditioning, and proper implementation of health and safety requirements.
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**E. Enrollment Limitations**

Enrollment Limitations and Category	Enrollment Limitations Impact
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**Course created by Julie Feenstra on 09/01/1989.**

**BOARD APPROVAL DATE:**

**LAST BOARD APPROVAL DATE: 04/18/2016**

**Last Reviewed and/or Revised by Jessica Rapoza on 09/17/2015**

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