

PE - 121abc - Off-Season Training for Women's Intercollegiate Softball Team

COURSE OUTLINE OF RECORD

VIII. General Course Information

Subject:*

PE

Course Number:* 121abc

Descriptive Title:* Off-Season Training for Women's Intercollegiate Softball Team

Course Disciplines:*

Physical Education

Division:

Health Sciences and Athletics

Department:*

Physical Education

Catalog Description:*

This course provides instruction and practice in the advanced techniques of softball. All students will engage in an off-season program emphasizing skill development, conditioning, and strategies of the game.

Conditions of Enrollment:

Prerequisite:

Co-requisite:

Recommended Preparation:

High school varsity experience or equivalent skill

Enrollment

Course Length: Full Term

Hours Lecture (per week): 0

Hours Laboratory (per week): 3

Outside Study Hours:* 0

Total Hours:* 54

Course Units:* 1

Grading Method:

Letter Grade only

Credit Status:

Credit, degree applicable

Transfer CSU: Yes
 No

Effective Date: Prior to July 1992

Transfer UC: Yes
 No

Effective Date: Spring 1994

**General Education
ECC:**

Area 5 - Health and Physical Education

Term:

Other:

CSU GE:

Term:

Other:

IGETC:

Term:

Other:

IX. Outcomes and Objectives

A. Student Learning Outcomes SLOs (The course student learning outcomes are listed below.)

Student Learning Outcomes:

SLO #1 Fielding

Student will demonstrate proficiency in the fielding of their appropriate position.

SLO #2 Fitness

Students will demonstrate improvement in the cardio respiratory endurance component of fitness.

SLO #3 Rules and Strategy

Students will identify basic rules and strategy within the sport.

B. Course Objectives (The major learning objectives for this course are listed below.)

Course Objectives:

1. Develop a conditioning and training program.
2. Understand and execute the various defensive situations and strategies.
3. Differentiate and respond to various offensive situations and strategies.
4. Execute the various techniques and situations involved in batting.
5. Develop collegiate level defensive and offensive skills.
6. Demonstrate effective base running and sliding techniques.
7. Analyze the various bunts utilized in collegiate softball.
8. Understanding of the rules, regulations and eligibility of Intercollegiate softball.

X. Outline of Subject Matter

(Topics should be detailed enough to enable an instructor to determine the major areas that should be covered to ensure consistency from instructor to instructor and semester to semester.)

Example:

- I. Main Topic (3 hours, lecture)
 - A. Sub topics
 - B. Sub topics
 1. Super sub topic
 2. Super sub topic

Major Topics:

I. Orientation (2 hours, lab)

- A. Introduction to off-season competition
- B. Proper field maintenance
- C. Intercollegiate softball rules, regulations, and eligibility requirements

II. Defensive Skills (11 hours, lab)

- A. Outfield
- B. Infield
- C. Catching
- D. Pitching

III. Offensive Skills (11 hours, lab)

- A. Batting
- B. Bunting

- C. Slapping

- D. Dragging

- E. Sliding

- F. Baserunning

IV. Strategizing Game-like Situations (12 hours, lab)

- A. Total team defensive situations
- B. Offensive situations
- C. Situational play options

V. Instructional Games (10 hours, lab)

- 1. Evaluation of game performance
- 2. Evaluation of video
- 3. Evaluation of defensive strategies
- 4. Evaluation of offensive strategies
- 5. E. Evaluation of pregame warm up

VI. Mental Training (2 hours, lab)

- 1. Visualization
- 2. Relaxation techniques
- 3. Team discussions
- 4. Individual student athlete discussions
- 5. Reading materials

VII. Conditioning (6 hours, lab)

- 1. Dynamic stretching
- 2. Endurance training
- 3. Speed training
- 4. Running mechanics
- 5. Strength training

Total Lecture Hours: 0

Total Laboratory Hours: 54

Total Hours: 54

XI. Primary Method of Evaluation and Sample Assignments

A. Primary Method of Evaluation (choose one):

Primary Method of Evaluation

B. Typical Assignment Using Primary Method of Evaluation

Typical Assignment Using Primary Method of Evaluation: Demonstrate and compare the skills involved in an outfielder correctly fielding a ground ball and fly ball, and throwing to second base, third base and home plate.

C. College-level Critical Thinking Assignments

Critical Thinking Assignment 1: Explain and demonstrate to the instructor the various slides in softball and differentiate the situations in which to use each slide.

Critical Thinking Assignment 2: Design and demonstrate to instructor a conditioning program that emphasizes strength development, cardiovascular conditioning and flexibility conducive to collegiate softball.

D. Other Typical Assessment and Evaluation Methods

Other Evaluation Methods:

If Other:

XII. Instructional Methods

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.

Instructional Methods:

If other: Video analysis of students hitting both in the batting cage and off live pitching

XIII. Work Outside of Class

Work Outside of Class

Answer questions

If Other: Skill practice

XIV. Texts and Materials

A. Up-to-date Representative Textbooks: (Please use the following format: Author, Title, Edition, Publisher, Year. If you wish to list a text that is more than 5 years old, please annotate it as a “discipline standard”.)

Up-To-Date
Representative
Textbooks:

B. Alternative Textbooks: (Please use the following format: Author, Title, Edition, Publisher, Year. If you wish to list a text that is more than 5 years old, please annotate it as a “discipline standard”.)

Alternative
Textbooks:

C. Required Supplementary Readings

Required
Supplementary
Readings:

D. Other Required Materials

Other Required
Materials:

XV. Conditions of Enrollment

A. Requisites (Course Prerequisites and Corequisites) Skills needed without which a student would be highly unlikely to succeed.

Requisite

Category

Requisite course:

Requisite and
Matching skill(s):
Bold the requisite
skill. List the

B. Requisite: (Non-Course Prerequisite and Corequisites) Skills needed without which a student would be highly unlikely to succeed.

Requisite:

Requisite and Matching skill(s):
Bold the requisite skill. List the corresponding course objective under each skill(s). if applicable

C. Recommended Preparations (Course) (Skills with which a student's ability to succeed will be strongly enhanced.)

Requisite course: High school varsity experience or equivalent skill

Requisite and Matching skill(s): Students wishing to enroll in this athletic development class must demonstrate proficiency to perform the skills necessary for competitive performance.
Bold the requisite skill. List the corresponding course objective under each skill(s).

D. Recommended Preparation (Non-Course) (Skills with which a student's ability to succeed will be strongly enhanced.)

Requisite:

Requisite and Matching skill(s):
Bold the requisite skill. List the corresponding course objective under each skill(s). if applicable

E. Enrollment Limitations

Enrollment Limitations and Category:

Enrollment Limitations Impact:

Course Created by: Julie Feenstra

Date: 09/01/1989

Board Approval Date:

**Last Board Approval
Date:**

**Last Reviewed and/or
Revised by:** Elaine Martinez

Date: 10/10/2012