



El Camino College
 COURSE OUTLINE OF RECORD – Official

Subject:	PE
Course Number:	276
Descriptive Title:	Theory of Coaching Softball
Division:	Health Sciences and Athletics
Department:	Physical Education
Course Disciplines:	Kinesiology
Catalog Description:	A general overview of rules, regulations, strategies, mental preparation, skill evaluation, and the history of the sport of softball. This course is designed for student's pursuing a career in coaching with an emphasis in the sport of softball.
Prerequisite:	
Co-requisite:	
Recommended Preparation:	
Enrollment Limitation:	
Hours Lecture (per week):	2
Hours Laboratory (per week):	0
Outside Study Hours:	4
Total Course Hours:	36
Course Units:	2
Grading Method:	Letter Grade only
Credit Status:	Credit, degree applicable
Transfer CSU:	Yes
Effective Date:	Pending
Transfer UC:	Yes
Effective Date:	Pending
General Education ECC:	Area 5 - Health and Physical Education
Term:	
Other:	
CSU GE:	
Term:	
Other:	
IGETC:	
Term:	
Other:	
Student Learning Outcomes:	SLO #1

	<p>Students will be able to implement strategies using rules and regulations of the game of softball.</p> <p>SLO #2</p> <p>Students will be able to apply mental preparation through visualization and self-talk.</p> <p>SLO #3</p> <p>Students will be able to analyze video and breakdown plays in order to create opportunities for success on the field.</p>
<p>Course Objectives:</p>	<ol style="list-style-type: none"> 1. Gain a better understanding of the softball rules and regulations. 2. Create an organizational plan for offensive and defensive plays and evaluate which play would be the most successful in which situation. 3. Identify factors and functions of team cohesion and how to implement teamwork factors in practice and games. 4. Explain the concepts of 1st and 3rd plays, leverage counts, timing, bunting situations, relays, cutoffs, and plate discipline. 5. Identify proper communication requirements between on-field position players to off-field position players, coaches to players, and on-field position players to each other. 6. Demonstrate knowledge of the history of the sport and how it has changed over the years. 7. Analyze pitching, catching, hitting, and fielding for skill level as well as appropriate technique. 8. Organize and administrate a comprehensive season plan for a softball program. 9. Evaluate player talent using skills and fundamentals as a method for assessment.
<p>Major Topics:</p>	<ol style="list-style-type: none"> I. Introduction to Softball (3 hours, lecture) <ol style="list-style-type: none"> A. History of the sport B. Growth of the sport C. Current trends of the sport II. Ethics in Softball (2 hours, lecture) <ol style="list-style-type: none"> A. Intent of offensive rules B. Intent of defensive rules C. Etiquette towards umpires D. Etiquette towards opposing teams and coaches III. Functions of a Team (4 hours, lecture) <ol style="list-style-type: none"> A. Team cohesion B. Common pitfalls C. Communication barriers and solutions IV. Organizational Theory (8 hours, lecture) <ol style="list-style-type: none"> A. The study of offensive strategy B. The study of defensive strategy

	<p>C. The study of special plays</p> <p>V. Softball Rules (4 hours, lecture)</p> <p>A. Offensive rules B. Pitching rules C. Defensive rules D. Players and substitutes</p> <p>VI. Video Review (10 hours, lecture)</p> <p>A. Offensive situations B. Defensive situations C. Scouting of opponents</p> <p>VII. Mental Preparation (3 hours, lecture)</p> <p>A. Positive self-talk B. Failure recovery C. Mental imagery and visualization practices</p> <p>VIII. Sport of Softball Career Scope (2 hours, lecture)</p> <p>A. Career opportunities B. Building a resume for success C. Applying for a career</p>
Total Lecture Hours:	36
Total Laboratory Hours:	0
Total Hours:	36
Primary Method of Evaluation:	1) Substantial writing assignments
Typical Assignment Using Primary Method of Evaluation:	<p>1. Your team is on offense with runners on 1st and 3rd. Coach calls the 1st and 3rd play. In a 2-3 page written paper, describe in detail what your job is if you are the batter and each base runner. There are four responsibilities you have as each so please list each responsibility and describe why that responsibility is important. Also, please define the goal of this play.</p> <p>A. Batter's responsibility B. Runner on 1st responsibility C. Runner on 3rd responsibility D. Goal of 1st and 3rd play</p>
Critical Thinking Assignment 1:	After reviewing the video, you are pretending you are on defense playing 3 rd base. A base runner is trying to advance to 3 rd base and the ball is being thrown to you as shown in video. At the same time the tag is made, the umpire puts his arm out horizontally and makes a fist. What does this mean and please describe the rule. Secondly, identify two things you can do differently as the defender to have the umpire not call this on you.
Critical Thinking Assignment 2:	You have just made an error on defense which allowed the opposing team to score a run. In a one- to two-page written paper, describe in detail your physical action recovery

	and your positive self-talk recovery plan. This needs to include your movements, your vocal communication to your teammates, and your inner vocal talk to yourself.
Other Evaluation Methods:	Essay Exams, Fieldwork, Homework Problems, Matching Items, Multiple Choice, Objective Exam, Oral Exams, Presentation, Reading Reports, Term or Other Papers, True/False, Written Homework
If Other:	
Instructional Methods:	Demonstration, Discussion, Group Activities, Guest Speakers, Lab, Lecture, Multimedia presentations, Role play/simulation
If other:	
Work Outside of Class:	Observation of or participation in an activity related to course content (such as theatre event, museum, concert, debate, meeting), Required reading, Study, Written work (such as essay/composition/report/analysis/research)
If Other:	
Up-To-Date Representative Texts:	Mack, Gary, Mind Gym: An Athlete's Guide To Inner Excellence, McGraw-Hill Publishing, 2002. (Discipline Standard)
Alternative Texts:	
Required Supplementary Readings:	Van Kleeck, Vickie and Follis, Ashlee, NCAA Softball Rules Book, National Collegiate Athletic Association, 2021.
Other Required Materials:	
Requisite	
Category	
Requisite course:	
Requisite and Matching skill(s): Bold the requisite skill. List the corresponding course objective under each skill(s).	
Requisite Skill:	
Requisite Skill and Matching skill(s): Bold the requisite skill(s). if applicable	
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course objective under each skill(s). if applicable	
Enrollment Limitations and Category:	
Enrollment Limitations Impact:	
Course Created by:	Jessica Rapoza
Date:	10/26/2023
Original Board Approval Date:	01/17/2024
Effective Term:	Fall 2024