

Reviewed by: G. Brixey  
Reviewed by: K. Bandy  
Date Reviewed: February 28, 2019  
C&GE: Approved: April 4, 2019  
Board Approved: May 8, 2019  
Semester effective: Spring 2020

Physical Education (PHED) 1724 Offseason Intercollegiate Softball (0.5, 1 or 2 units per semester; limit 8 units) CSU

Prerequisite: None

Hours and Unit Calculations:

Total Contact Hours: 24 lab hours (24 Total Student Learning Hours) .5 Units; 48 lab hours (48 Total Student Learning Hours) 1 Unit; 96 lab hours (96 Total Student Learning Hours) 2 Units.

Catalog Description: This is an offseason intercollegiate course that will provide instruction in basic softball fundamentals. Emphasis will be on game play. This course is designed for those students who desire to compete in intercollegiate athletics and may be limited to those who present the necessary physical and mental fitness. Sufficient skill to reduce the likelihood of injury is also required. The passing of medical and physical examinations and the consent of the coach are necessary before enrollment.

Type of Class/Course: Degree Credit

Text:

Brown, Lee E. and Ferrigno, Vance A. *Training for Speed, Agility and Quickness*. 3rd ed., Human Kinetics, 2014.

Garman, Judi F., and Michelle M. Gromachi. *Softball Skills and Drills*. 2nd ed., Human Kinetics, 2011.

Additional Instructional Materials: Softball equipment

Course Objectives:

By the end of the course, a successful student will be able to:

1. Improve offseason intercollegiate skills in softball techniques of:
  - a. Throwing
  - b. Catching
  - c. Fielding
  - d. Batting
  - e. Base running
  - f. Pitching
2. Apply intercollegiate softball techniques through game experience
3. Improve quickness, strength, and overall conditioning during the offseason

Course Scope and Content (laboratory):

Unit I            Essential Offseason Skills  
A.            Throwing  
B.            Catching

- C. Fielding
- D. Batting
- E. Base Running
- F. Pitching

Unit II            Offseason Conditioning

- A. Quickness
- B. Strength
- C. Cardiovascular
- D. Stamina

Unit III           Offseason Offense

- A. Hitting
- B. Bunting
- C. Base Running

Unit IV           Offseason Defense

- A. Throwing
- B. Catching
- C. Fielding

Unit V            Basic Rules of the Game

- A. Offense
- B. Defense
- C. Sportsmanship and ethics

Unit VI           Basic Team Strategy

- A. Offensive Signs
- B. Defensive Signs
- C. Scouting

#### Learning Activities Required Outside of Class:

The students in this class will spend a minimum of 1 hour per week outside of the regular class time doing the following:

1. Working on individual skills
2. Keeping a notebook using class materials
3. Taking notes on multimedia presentations
4. Reading of the textbook

#### Methods of Instruction:

1. Practice
  - a. Individual skills
  - b. Game
2. Demonstration
3. Oral instruction
4. Multimedia

#### Methods of Evaluation:



1. Skill demonstrations, including:
  - a. Class performance
  - b. Scrimmages
2. Notebook

Supplemental Data:

TOP Code:	083550: Intercollegiate Athletics
SAM Priority Code:	E: Non-Occupational
Distance Education:	Not Applicable
Funding Agency:	Y: Not Applicable(funds not used)
Program Status:	I: Program Applicable
Noncredit Category:	Y: Not Applicable, Credit Course
Special Class Status:	N: Course is not a special class
Basic Skills Status:	N: Course is not a basic skills course
Prior to College Level:	Y: Not applicable
Cooperative Work Experience:	N: Is not part of a cooperative work experience education program
Eligible for Credit by Exam:	NO
Eligible for Pass/No Pass:	C: Pass/No Pass
Taft College General Education:	NONE
Discipline:	Health or PE or Kinesiology or Coaching