

CATALOG INFORMATION

Dept and Nbr: ATHL 31

Title: WOMEN'S VARSITY SOFTBALL

Full Title: Women's Varsity Softball

Last Reviewed: 12/12/2023

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	3.00	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	3.00	Lab Scheduled	0	17.5	Lab Scheduled	0
		Contact DHR	6.00		Contact DHR	105.00
		Contact Total	6.00		Contact Total	105.00
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 52.50

Total Student Learning Hours: 157.50

Title 5 Category: AA Degree Applicable

Grading: Grade or P/NP

Repeatability: 34 - 4 Enrollments Total

Also Listed As:

Formerly: PE 89

Catalog Description:

Students will practice for and participate in intercollegiate softball, emphasizing softball skills, fundamentals, and strategies.

Prerequisites/Corequisites:

Recommended Preparation:

Limits on Enrollment:

Schedule of Classes Information:

Description: Students will practice for and participate in intercollegiate softball, emphasizing softball skills, fundamentals, and strategies. (Grade or P/NP)

Prerequisites/Corequisites:

Recommended:

Limits on Enrollment:

Transfer Credit: CSU;UC.

Repeatability: 4 Enrollments Total

ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

AS Degree:	Area	Effective:	Inactive:
CSU GE:	Transfer Area	Effective:	Inactive:

IGETC:	Transfer Area	Effective:	Inactive:
---------------	----------------------	------------	-----------

CSU Transfer:	Transferable	Effective:	Fall 1981	Inactive:
----------------------	--------------	------------	-----------	-----------

UC Transfer:	Transferable	Effective:	Fall 1981	Inactive:
---------------------	--------------	------------	-----------	-----------

CID:

Certificate/Major Applicable:

Major Applicable Course

COURSE CONTENT

Student Learning Outcomes:

At the conclusion of this course, the student should be able to:

1. Play softball demonstrating appropriate physical skills and teamwork.
2. Demonstrate appropriate responses to offensive and defensive strategies of the opponent.
3. Apply knowledge of rules and other softball concepts.

Objectives:

At the conclusion of this course, the student should be able to:

1. Demonstrate individual fundamental skills pertaining to softball.
2. Demonstrate and apply practical and general knowledge of the game of softball and its rules.
3. Identify and analyze concepts, strategies, and personnel of opponents through film analysis and simulated game situations.
4. Demonstrate the ability to work with a team unit and develop team concepts.
5. Repeating students must demonstrate increased depth and breadth of related skills.

Topics and Scope:

1. Individual Fundamental Skills and Conditioning
 - a. Agility
 - b. Coordination
 - c. Reaction
 - d. Muscular strength
 - e. Muscle and cardiovascular endurance
2. Practical and General Knowledge of The Game and Its Rules
 - a. Practice drills
 - b. Game situations
3. Concepts and Strategies of Opponent
 - a. Offensive scheme
 - b. Defensive scheme
 - c. Team personnel
4. Team Development and Goals
5. Repeating Students Must Demonstrate Increased Depth and Breadth of Related Skills

Assignment:

1. In-class participation may include:
 - A. Film analysis
 - B. Note taking and developing a playbook
 - C. Physical training and conditioning
 - D. Development and demonstration of related skills including practice and game performance
 - E. Establishing team goals
 - F. Periodic quizzes
2. Fieldwork may include:
 - A. Scouting reports execution
 - B. Playbook application
 - C. Intercollegiate competition

Methods of Evaluation/Basis of Grade:

Writing: Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

None, This is a degree applicable course but assessment tools based on writing are not included because skill demonstrations are more appropriate for this course.

Writing
0 - 0%

Problem Solving: Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

Execution of scouting reports and other fieldwork

Problem solving
10 - 25%

Skill Demonstrations: All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Practice and game performance

Skill Demonstrations
25 - 60%

Exams: All forms of formal testing, other than skill performance exams.

None

Exams
0 - 0%

Other: Includes any assessment tools that do not logically fit into the above categories.

Participation

Other Category
25 - 60%

Representative Textbooks and Materials:

Softball Skills and Drills. 2nd ed. Garman, Judi and Gromacki, Michelle. Human Kinetics. 2011 (classic)

Instructor prepared materials