

ATHL 31L Course Outline as of Fall 2023**CATALOG INFORMATION**

Dept and Nbr: ATHL 31L Title: SOFTBALL LAB

Full Title: Softball Lab

Last Reviewed: 2/6/2023

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	1.50	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	1.50	Lab Scheduled	0	6	Lab Scheduled	0
		Contact DHR	3.00		Contact DHR	52.50
		Contact Total	3.00		Contact Total	52.50
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 26.25

Total Student Learning Hours: 78.75

Title 5 Category: AA Degree Applicable

Grading: Grade or P/NP

Repeatability: 34 - 4 Enrollments Total

Also Listed As:

Formerly: PE 79

Catalog Description:

Students will be introduced to the structure and development of various softball strategies. Students will analyze scouting reports and film as well as demonstrate the practical application of various physical training concepts.

Prerequisites/Corequisites:**Recommended Preparation:****Limits on Enrollment:**

By Tryout

Schedule of Classes Information:

Description: Students will be introduced to the structure and development of various softball strategies. Students will analyze scouting reports and film as well as demonstrate the practical application of various physical training concepts. (Grade or P/NP)

Prerequisites/Corequisites:

Recommended:

Limits on Enrollment: By Tryout

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 2000	Inactive:	
UC Transfer:	Transferable	Effective:	Fall 2000	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. Identify and assess offensive and defensive strategies of an opponent.
2. Formulate appropriate strategies based on the assessment of opponent strategies and personnel.

Objectives:

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

1. Identify and explain basic offensive and defensive strategies.
2. Analyze offensive strategies and personnel through the use of film, scouting reports, and established offensive and defensive criteria.
3. Formulate a variety of defensive strategies based on specific offenses.
4. Understand the rules of softball according to the National Collegiate Athletic Association (NCAA) and California Community College Athletic Association (CCCAA).
5. Demonstrate increased depth and breadth of related skills with new learning goals if they are repeating students.

Topics and Scope:

- I. Use of Film/Video
 - A. Individual performance and assessment
 - B. Team and individual position play in various situations
- II. Scouting Reports
 - A. Offensive strategy
 - B. Defensive strategy
- III. Defense
 - A. Physical skills
 - B. Defensive strategy
- IV. Offensive
 - A. Physical skills

- B. Offensive strategy
- V. Extensive Physical Conditioning Drills
 - A. Cardiorespiratory endurance
 - B. Muscular endurance
 - C. Muscular strength
 - D. Flexibility
 - E. Power
 - F. Agility
 - G. Speed
 - H. Reaction time
 - I. Coordination

VI. Repeating Students Must Demonstrate Increased Depth and Breadth of Related skills, with New Learning Goals.

Assignment:

1. In-class work will include some or all of the following assignments:
 - 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. Quizzes (2 to 4)
 - G. Attendance and participation
2. Fieldwork will include some or all of the following assignments:
 - A. Write, analyze, and execute scouting reports
 - B. Playbook application
 - C. Intercollegiate competition
3. Repeating students demonstrate an increased level of performance.

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.

Written scouting reports

Writing
5 - 15%

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

Playbook and film analysis

Problem solving
10 - 20%

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

Skill performances, practice and game performance

Skill Demonstrations
15 - 30%

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

Quizzes

Exams
10 - 20%

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

Participation

Other Category
30 - 50%

Representative Textbooks and Materials:

Technical and tactical skill development essential for softball success. Walker, Kirk and Stevens, Mona. American Sport Education Program. 2009 (classic).
Instructor prepared materials