

ATHL 31L Course Outline as of Fall 2003**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	3.00	Lecture Scheduled	1.00	17.5	Lecture Scheduled	17.50
Minimum	1.00	Lab Scheduled	4.00	17.5	Lab Scheduled	70.00
		Contact DHR	0		Contact DHR	0
		Contact Total	5.00		Contact Total	87.50
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 35.00

Total Student Learning Hours: 122.50

Title 5 Category: AA Degree Applicable

Grading: Grade or P/NP

Repeatability: 34 - 4 Enrollments Total

Also Listed As:

Formerly: PE 79

Catalog Description:

This course is designed for intercollegiate athletes for the development of individual skills and team concepts through film analysis, classroom lecture and practical application.

Prerequisites/Corequisites:**Recommended Preparation:**

Currently enrolled in Women's Varsity or Intercollegiate Softball.

Limits on Enrollment:**Schedule of Classes Information:**

Description: This course is designed for intercollegiate athletes for the development of individual skills and team concepts through film analysis, classroom lecture and practical application. (Grade or P/NP)

Prerequisites/Corequisites:

Recommended: Currently enrolled in Women's Varsity or Intercollegiate Softball.

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:
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CSU Transfer:	Transferable	Effective:	Fall 2000	Inactive:
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UC Transfer:	Transferable	Effective:	Fall 2000	Inactive:
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CID:

Certificate/Major Applicable:

Major Applicable Course

COURSE CONTENT

Outcomes and Objectives:

The student will:

- a. Analyze and assess individual and team performance through the use of film.
- b. Demonstrate the knowledge of offensive skills and strategies.
- c. Demonstrate the knowledge of defensive skills and strategies.
- d. Utilize various types of physical training methods to enhance performance.
- e. Understand the rules of softball according to the NCAA.

Topics and Scope:

- A. Use of film/video
 1. individual performance and assessment
 2. team and individual position play in various situations
- B. Scouting Reports
 1. prepare athletics for competition
- C. Defensive skills
- D. Offensive skills
- E. Extensive physical conditioning drills

Assignment:

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 assignment	Writing 10 - 30%
Problem Solving: Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.	
None	Problem solving 0 - 0%
Skill Demonstrations: All skill-based and physical demonstrations used for assessment purposes including skill performance exams.	
Class performances, Performance exams	Skill Demonstrations 10 - 30%
Exams: All forms of formal testing, other than skill performance exams.	
Multiple choice, True/false, Short answer and oral	Exams 10 - 30%
Other: Includes any assessment tools that do not logically fit into the above categories.	
Attendance	Other Category 30 - 60%

Representative Textbooks and Materials: