ATHL 31 Course Outline as of Fall 2003

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 Wee	ek N	br of Weeks	Course Hours Total	
Maximum	2.00	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	2.00	Lab Scheduled	10.00	17	Lab Scheduled	175.00
		Contact DHR	0		Contact DHR	0
		Contact Total	10.00		Contact Total	175.00
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 0.00

Total Student Learning Hours: 175.00

Title 5 Category:	AA Degree Applicable
Grading:	Grade or P/NP
Repeatability:	34 - 4 Enrollments Total
Also Listed As:	
Formerly:	PE 89

Catalog Description:

Practice for and participation in intercollegiate competition, emphasizing skills, fundamentals and strategies.

Prerequisites/Corequisites: Health and Safety.

Recommended Preparation:

Limits on Enrollment:

Schedule of Classes Information:

Description: Practice for & participation in intercollegiate competition; emphasizing skills, fundamentals & strategies. (Grade or P/NP) Prerequisites/Corequisites: Health and Safety. Recommended: Limits on Enrollment: Transfer Credit: CSU;UC. Repeatability: 4 Enrollments Total

ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

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

Outcomes and Objectives:

The primary objectives of this course is to provide students with the knowledge and skills to:

- 1. Demonstrate advanced skills and fundamentals for competition.
- 2. Analyze team and individual concepts and strategies of intercollegiate competition.
- 3. Develop an individual conditioning and practice program for softball.
- 4. Implement physical conditioning for intercollegiate competition.

Topics and Scope:

A. OUTLINES OF TOPICS TO BE ADDRESSED IN THE COURSE

- 1. Conditioning and Training
 - a. stretching
 - b. weight training
 - c. running and/or jogging
 - d. sprinting
 - e. muscle endurance
- 2. Pitching
 - a. developing the four basic pitches
 - b. mechanics of pitching
 - c. conditioning drills
 - d. drills for improving accuracy
 - e. effective communications between pitcher & catcher
 - f. fielding drills
- 3. Catching
 - a. mechanics of catching
 - b. shifting
 - c. blocking balls in the dirt
 - d. throwing
 - e. stealing

- f. blocking home plate
- g. fielding bunts
- h. catching fly balls
- i. catcher drills
- 4. First Base
 - a. mechanics of playing first base
 - b. correct foot work
 - c. receiving throws
 - d. field ground balls
 - e. catching fly balls
 - f. first base drill
- 5. Second base
 - a. mechanics of playing second base
 - b. throwing
 - c. fielding ground balls
 - d. catching fly balls
 - e. tagging base runners
 - f. starting double plays
 - g. cut-offs/relays
- 6. Shortstop
 - a. mechanics of playing shortstop
 - b. correct throws
 - c. pivot position on double plays
 - d. infield fly balls
 - e. cut-offs/relays
- 7. Third Base
 - a. fielding position
 - b. charging slow bouncers
 - c. charging swinging bunts
 - d. playing the bunt
 - e. ground balls
 - f. infield fly balls
 - g. third base drills
- 8. Outfield
 - a. warm-up exercises for outfielders
 - b. proper outfield catch
 - c. proper throwing drills
 - d. how to make accurate throws
 - e. fielding ground balls
 - f. fielding line drives
 - g. fielding fly balls
 - h. cut-off/relays
- 9. Defensive team
 - a. cut-off/relays
 - b. pop-ups
 - c. wild pitch
 - d. rundown play
 - e. runners on first and third
 - f. delayed steal
 - g. baserunning drills
- h. sliding
- 10. Bunting

a. sacrifice
b. base hit bunting
11. Hitting

a. stance
b. grip
c. hitting weaknesses
d. hitting drills
e. live hitting

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.

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.

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

None

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

Class performances, Performance exams

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

Scouting Books

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

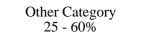
ATTENDANCE

Writing 0 - 0%	

Problem solving 0 - 0%

Skill Demonstrations 25 - 60%

Exams 10 - 25%



Representative Textbooks and Materials: