

**ATHL 31 Course Outline as of Spring 2015****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: 0.00

Total Student Learning Hours: 105.00

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 softball, emphasizing softball skills, fundamentals and strategies.

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

By Tryout

**Schedule of Classes Information:**

Description: Practice for and participation in intercollegiate softball, emphasizing softball skills, fundamentals and strategies. (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:**

<b>AS Degree:</b>	<b>Area</b>	Effective:	Inactive:
<b>CSU GE:</b>	<b>Transfer Area</b>	Effective:	Inactive:
<b>IGETC:</b>	<b>Transfer Area</b>	Effective:	Inactive:

<b>CSU Transfer:</b>	Transferable	Effective:	Fall 1981	Inactive:
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<b>UC Transfer:</b>	Transferable	Effective:	Fall 1981	Inactive:
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**CID:**

**Certificate/Major Applicable:**

Major Applicable Course

## **COURSE CONTENT**

### **Outcomes and Objectives:**

Upon completion of this course, students will be able to:

1. Demonstrate individual fundamental skills pertaining to softball in relation to:
  - A. Agility
  - B. Coordination
  - C. Reaction
  - D. Muscular strength
  - E. Muscle and cardiovascular endurance
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, with new learning objectives.

### **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, with new learning objectives.

### Assignment:

- 1. In-class work 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
- 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.

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.

Written 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.

Class performances, Performance exams

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
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Other Category 25 - 60%
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**Representative Textbooks and Materials:**

Instructor prepared materials

Softball Skills and Drills- 2nd Edition Judi Garin and Michelle Gromacki (Feb 14, 2011)