# 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 Week | | Nbr 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:** **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

**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. |

| Writing |
|---|
| 0 - 0% |

**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 |
|---|
| 25 - 60% |

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

| |
|---|
| Scouting Books |

| Exams |
|---|
| 10 - 25% |

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

| |
|---|
| ATTENDANCE |

| Other Category |
|---|
| 25 - 60% |

**Representative Textbooks and Materials:**