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Semester effective: Spring 2020

Physical Education (PHED) 1524 Softball (1- 2 Units) CSU:UC
[formerly PE 24ABCD]

Prerequisite: None

Hours and Unit Calculations:

Total Contact Hours: 48 lab hours (48 Total Student Learning Hours) 1 Units; or 96 lab hours (96 Total Student Learning Hours) 2 Units

Catalog Description: This is an activity course that will provide instruction in basic softball fundamentals. Emphasis will be on game play.

Type of Class/Course: Degree Credit

Text:

Brown, Lee E. and Ferrigno, Vance A. *Training for Speed, Agility and Quickness*. 3rd ed., Human Kinetics, 2014.

Garman, Judi F., and Michelle M. Gromachi. *Softball Skills and Drills*. 2nd ed., Human Kinetics, 2011.

Additional Instructional Materials: Softball equipment

Course Objectives:

By the end of the course, a successful student will be able to:

1. Improve skill level in softball techniques of:
 - a. Throwing,
 - b. Catching,
 - c. Fielding,
 - d. Batting,
 - e. Base running, and
 - f. Pitching.
2. Participate in game experience, and
3. Improve quickness, strength, and overall conditioning.

Course Scope and Content:

Unit I	Softball Essential Skills
	A. Throwing
	B. Catching
	C. Fielding
	D. Batting
	E. Base running
	F. Pitching

- Unit II Conditioning
A. Quickness
B. Strength
C. Cardiovascular
D. Stamina
- Unit III Offense
A. Bunting
B. Hitting
C. Base running
- Unit IV Defense
A. Throwing
B. Catching
C. Fielding
- Unit V Basic Rules of the Game
A. Offense Rules
B. Defense Rules
C. Sportsmanship and Ethics
- Unit VI Basic Team Strategy
A. Offensive Signs
B. Defensive Signs
C. Scouting

Learning Activities Required Outside of Class:

The students in this class will spend a minimum of 1 hour per week outside of the regular class time doing the following:

1. Working on individual skills,
2. Keeping a notebook using class materials,
3. Studying Multimedia presentations, and
4. Reading of the textbook.

Methods of Instruction:

1. Practice of:
 - a. Individual skills and
 - b. Game
2. Demonstration,
3. Oral Instruction, and
4. Multimedia.

Methods of Evaluation:

1. Skill demonstrations, including:
 - a. Class performance and
 - b. Intersquad games.

2. Notebook

Supplemental Data:

TOP Code:	083500: Physical Education
SAM Priority Code:	E: Non-Occupational
Distance Education:	Not Applicable
Funding Agency:	Y: Not Applicable(funds not used)
Program Status:	I: Program Applicable
Noncredit Category:	Y: Not Applicable, Credit Course
Special Class Status:	N: Course is not a special class
Basic Skills Status:	N: Course is not a basic skills course
Prior to College Level:	Y: Not applicable
Cooperative Work Experience:	N: Is not part of a cooperative work experience education program
Eligible for Credit by Exam:	NO
Eligible for Pass/No Pass:	NO
Taft College General Education:	NONE
Discipline:	Health or PE or Kinesiology or Coaching