

# KIN 0087E - THEORY OF SOFTBALL

## Catalog Description

Formerly known as PHED 89C

Hours: 54 lecture

Description: Study and analysis of competitive softball. Emphasis on defense, offense, pitching, baserunning, team strategies, stats recording and scorekeeping. Designed for students with softball experience and/or the desire to coach softball at any level. (CSU, UC-with unit limitation)

## Course Student Learning Outcomes

- CSLO #1: Critique hitting mechanics and identify necessary improvements.
- CSLO #2: Identify safety concerns in the game of softball.
- CSLO #3: Analyze game video and develop a game plan.

## Effective Term

Fall 2019

## Course Type

Credit - Degree-applicable

## Contact Hours

54

## Outside of Class Hours

108

## Total Student Learning Hours

162

## Course Objectives

1. Describe the main characteristics and responsibilities of cut-offs to home and each base.
2. Analyze, through the use of game video and situations, the spin and curve of balls hit to the outfield from left-handed and right-handed batters.
3. Identify and explain special defensive situations in the infield.
4. Explain five pitches with the location and situation of each pitch.
5. Analyze a hitting and pitching chart focusing on an opponent's strengths and weaknesses through charting and scouting a live game.
6. Compose a marketing strategy for recruiting prospects and design a flyer that details the strategy.
7. Compare and contrast the hitting mechanics used to hit an outside pitch and an inside pitch.
8. Analyze team building dynamics in the game of fastpitch softball.
9. Compose an off-season conditioning program for fastpitch softball.

## General Education Information

- Approved College Associate Degree GE Applicability
- CSU GE Applicability (Recommended-requires CSU approval)

- Cal-GETC Applicability (Recommended - Requires External Approval)
- IGETC Applicability (Recommended-requires CSU/UC approval)

## Articulation Information

- CSU Transferable
- UC Transferable

## Methods of Evaluation

- Objective Examinations
  - Example: Students will take a multiple-choice exam on pitch call strategies. Example Question: What is the best pitch to throw to a right-handed batter who was an open stance? A. change-up, B. Rise ball C. Curve ball D. Screw ball.
- Reports
  - Example: In a report, students will compare and contrast strategies on team building dynamic for fastpitch softball.

## Repeatable

No

## Methods of Instruction

- Lecture/Discussion
- Distance Learning

Lecture:

1. The instructor will lead a lecture on team defensive strategies for infield play. Students will create 5 defensive drills based on the lecture.
2. The instructor will lecture on cut-offs to home and second base utilizing the middle infielders. Students will then outline the steps.

Distance Learning

1. Through an on-line lecture, the instructor will show various pitches. Students will then outline and explain the 5 pitches with the location and situation of each pitch and post on the discussion board. Students are expected to read other student posts and comment on a minimum of 5 posts.

## Typical Out of Class Assignments Reading Assignments

1. The students will read the chapter in the textbook on types of offensive bunts and be prepared to discuss the drag bunt.
2. They students will read the handout on team building dynamics and be prepared to discuss the handout in small groups.

## Writing, Problem Solving or Performance

1. The students will write a report on marketing strategies for recruit softball players.
2. Prepare a list comparing and contrasting the types of pitches.

## **Other (Term projects, research papers, portfolios, etc.)**

### **Required Materials**

- Coaching Fastpitch Softball Successfully
  - Author: Kathy Veroni
  - Publisher: Human Kinetics
  - Publication Date: 2016
  - Text Edition: 5th
  - Classic Textbook?:
  - OER Link:
  - OER:
- Winning Softball Drills: A Complete Drill Book for Coaches
  - Author: Dr. Dianne I. Baker
  - Publisher: Winning Softball Enterprises
  - Publication Date: 2018
  - Text Edition: 3rd
  - Classic Textbook?:
  - OER Link:
  - OER:

**Other materials and-or supplies required of students that contribute to the cost of the course.**