

ATHL 0157 - INTERCOLLEGIATE SOFTBALL (W)

Catalog Description

Formerly known as PHED 131

Prerequisite: Enrollment limitation: permission of instructor required; for students with advanced softball skills, conditioning and previous competitive experience

Hours: 58 laboratory per unit

Description: Intercollegiate women's softball competition conducted through NCAA and California Community College Athletic Association rules. May be taken four times for credit. (CSU, UC-with unit limitation)

Course Student Learning Outcomes

- CSLO #1: Perform offensive strategies for hitting different pitches.
- CSLO #2: Analyze offensive and defensive signals.
- CSLO #3: Perform game day score keeping techniques.
- CSLO #4: Evaluate sports leadership techniques.

Effective Term

Fall 2020

Course Type

Credit - Degree-applicable

Contact Hours

58-174

Outside of Class Hours

0

Total Student Learning Hours

58-174

Course Objectives

1. Analyze aspects of a quality softball program as it relates to offensive strategies.
2. Identify the benefits of using Own the Zone signal calling system.
3. Evaluate defensive softball strategies.
4. Develop a scouting report and present it to the class.
5. Analyze the mental game of softball.
6. Demonstrate techniques used to hit different pitches.
7. Implement pitch calling strategies for a college softball game.
8. Perform defensive signals used in a bunt situation and align defensive players on the infield.
9. Perform plays to defend a first and third situation while on defense.
10. Demonstrate breathing techniques to use in the on deck circle during a college softball game.
11. Perform the steps to fielding a fly ball.
12. Demonstrate the bunting techniques used in the short game.
13. Create and analyze gameday scorekeeping techniques.

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

- Classroom Discussions
 - Example: After analyzing and discussing opponents game film, students will develop a scouting report and present it to the class. A rubric will be used to score the assignment and a traditional grading scale will be used.
- Skill Demonstrations
 - Example: Perform the steps to fielding a ground ball in the infield. Video analysis will be used to assess the skill. Pass/Fail grading.

Repeatable

Yes

Methods of Instruction

- Laboratory
- Distance Learning

Lab:

1. Instructor will facilitate a class discussion on the various defensive scenarios. The students will examine the scenarios and discuss in small groups. (Objective 3)
2. Instructor will lead a discussion on pre-pitch preparation for on deck batters, followed by student demonstration. (Objective 5)
3. The students will perform plays to defend the short game on defense followed by instructor evaluation. (Objective 7)
4. Instructor will facilitate a class discussion on how to hit an off-speed pitch. The students will demonstrate the techniques used to hit off speed pitches (Objective 1)

Distance Learning

1. The instructor will lecture on defensive strategies and the students will compare and contrast different defensive situations.(objective 13)

Typical Out of Class Assignments Reading Assignments

1. Read text section on "Heads Up Baseball" and examine your best and worst performances in softball using the provided chart. 2. Read text section on "Heads Up Baseball" and be prepare to discuss pre-game mental preparation strategies to use during warm ups.

Writing, Problem Solving or Performance

1. Identify three defensive strategies to defend a slapper. Prepare a written report on the three strategies. 2. Create a chart for calling pitches during a college softball game.

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

Required Materials

- Heads up baseball: Playing one pitch at a time.
 - Author: Ken Ravizza and Ton Hanson
 - Publisher: McGraw-Hill
 - Publication Date: 2017
 - Text Edition: 2nd
 - Classic Textbook?: No
 - OER Link:
 - OER:

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