

I. CATALOG DESCRIPTION:

- A. Department Information:
Division: Physical Education, Athletics & Health
Department: N/A
Course ID: PE 288X2
Course Title: Professional Activities: Softball
Units: 2 Units
Lecture: 1 Hour
Lab: 3 Hours
Prerequisite: None

B. Catalog and Schedule Description:

Designed to prepare individuals to more effectively play and coach the sport of softball. Instruction in various techniques, rules, regulations, team strategy, and etiquette of the game will be included.

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: Two

III. EXPECTED OUTCOMES FOR STUDENTS:

- A. On successful completion of level one of this course, the student should be able to:
1. Demonstrate an basic knowledge of the rules, regulations, and etiquette of the game of softball
 2. Analyze the role of the softball coach
 3. Demonstrate beginning level softball techniques
 4. Demonstrate beginning level knowledge of team strategy
- B. On successful completion of level two of this course, the student should be able to:
1. Demonstrate an advanced knowledge of the rules, regulations, and etiquette of the game of softball
 2. Design an effective training routine for softball players
 3. Design a month long practice plan to prepare a team for competition
 4. Demonstrate intermediate level softball techniques
 5. Demonstrate intermediate level knowledge of team strategy

IV. CONTENT:

- A. Foundations of Softball
1. History
 2. Governing organizations
- B. Skills acquisition
1. Footwork
 2. Body Control
 3. Hitting
 4. Bunting
 5. Baserunning
 6. Sliding
 7. Fielding
 8. Pitching
 9. Catching
 10. Base Coaching
- C. Knowledge of the Game
1. Rules
 2. Regulations
 3. Etiquette

4. Offensive Strategy
5. Defensive Strategy
6. Conditioning
- D. Coaching Requirements
 1. Athlete Selection and Training
 2. Designing Practice Plans
 3. Drill Selection and Demonstration Strategies
 4. Sportsmanship and Ethics

V. METHODS OF INSTRUCTION:

- A. Lecture
- B. Demonstration
- C. Guided practice and drills
- D. Student-directed activities
- E. Videotape Analysis
- F. Guest speakers

VI. TYPICAL ASSIGNMENTS:

- A. Read an article on bunting techniques and discuss with classmates
- B. Lead a class discussion comparing various hitting styles
- C. Design a week-long practice plan to install a basic team offense and defense
- D. Write a paper describing the attributes of a good softball coach

VII. EVALUATION:

- A. Methods of Evaluation:
 1. Methods of evaluation for first semester students
 - a) Skill tests – form analysis of five basic skills
 - b) Written assignments on the various techniques, rules, regulations, team strategy, and etiquette of softball
 - c) Written final exam
 2. Methods of evaluation for second semester students
 - a) Skill tests – form analysis of seven basic skills
 - b) Written assignment on the various techniques, rules, regulations, team strategy, and etiquette of softball
 - c) Written final exam
- B. Frequency of Evaluation:
 1. Skills testing every 3-4 weeks
 2. Written assignments every 2 weeks
 3. Final exam at end of semester
- C. Typical exam questions:
 1. Identify the three most important aspects of fielding a ground ball
 2. Describe the key points of emphasis in teaching proper bunting technique

VIII. TYPICAL TEXT(S):

Gorman, Judy, Softball Skills and Drills, Human Kinetics, 2001.
Leonhardt, Cheryl, The Official Rules of Softball, Triumph Books, 1997.

IX. OTHER SUPPLIES REQUIRED OF STUDENTS:

None.