



Reviewed by: K. Bandy  
Reviewed by: S. Walsh  
Prepared by: G. Golling  
Date reviewed: April 8, 2013  
C & GE Approved: May 13, 2013  
Board Approved: June 12, 2013  
State Approved: July 4, 2013

Physical Education (PHED) 1507 Intercollegiate Softball (2 Units; limit 4 Units) CSU:UC  
[formerly Physical Education 7A]

Advisory: Experience in playing competitive softball is desirable

Total Hours: 160 lab hours

Catalog Description: This course is designed for those students who possess the desire, ability and skills necessary to compete in intercollegiate athletics and may be limited to those who present the necessary physical and mental fitness. Sufficient skill to reduce the likelihood of injury is also required. The consent of the coach is necessary before enrollment. Prior to participation a student must get medical clearance through a physical examination and must meet eligibility requirements. Attendance at all scheduled practices and games are considered part of the course requirement unless the coach excuses the student.

Type of Class/Course: Degree Credit

Text: None

Additional Instructional Materials:

Brown, L. and Ferrigno, V. *Training for Speed, Agility and Quickness*. 2<sup>nd</sup> ed. Champaign, IL: Human Kinetics, 2005. Print.

Garman, Judi and Gromachi, Michelle. *Softball Skills and Drills*. 2<sup>nd</sup> ed. Champaign, IL: Human Kinetics, 2011. Print.

Course Objectives:

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

1. prepare student for intercollegiate competition
2. provide the student with practice games, to build depth and strength in their ability to play softball
3. acquaint the student with techniques and strategies used in playing competitive softball
4. improve quickness, strength, and overall conditioning

Course Scope and Content:

Unit I Training and Conditioning for Softball

- A. Quickness
- B. Strength
- C. Cardiovascular

D. Stamina

Unit II Basic Skills Performed in Softball

- A. Throwing
- B. Catching
- C. Fielding
- D. Batting
- E. Base Running
- F. Pitching

Unit III Rules and Strategies of Team Play

- A. Offensive rules
- B. Defensive rules
- C. Sportsmanship and ethics
- D. Offensive signs
- E. Defensive signs
- F. 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. Skill practice
2. Working on individual skills,
3. Keeping a notebook using class materials,
4. Studying multimedia presentations, and
5. Reading of the textbook.

Methods of Instruction:

1. Practice of fundamental skills and strategies,
2. Demonstration,
3. Practice games,
4. Oral instruction, and
5. Multimedia

Methods of Evaluation:

1. Skill demonstrations, including:
  - A. Class performance
  - B. Intercollegiate games