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

Prerequisite: None

Total Hours: 48 hours lab for 1 unit; 96 hours lab for 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, Vance Ferrigno. *Training for Speed, Agility, and Quickness*. 2nd ed. Champaign, IL: Human Kinetics, 2005. Print.

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

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 (Laboratory):

| | |
|--------|---------------------------|
| 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