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Physical Education (PHED) 1724 Offseason Intercollegiate Softball (0.5, 1 or 2 units per semester; limit 8 units) CSU

Prerequisite: None

Total Hours: 24 lab hours for 0.5 unit; 48 lab hours for 1 unit; 96 lab hours for 2 units

Catalog Description: This is an offseason intercollegiate course that will provide instruction in basic softball fundamentals. Emphasis will be on game play. This course is designed for those students who desire 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 passing of medical and physical examinations and the consent of the coach are necessary before enrollment.

Type of Class/Course: Degree Credit

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

Garman, Judi and Michelle Gromachi. *Softball Skills & Drills*. 2<sup>nd</sup> ed. Champaign: 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 offseason intercollegiate skills in softball techniques of:
  - a. Throwing
  - b. Catching
  - c. Fielding
  - d. Batting
  - e. Base running
  - f. Pitching
2. Apply intercollegiate softball techniques through game experience
3. Improve quickness, strength, and overall conditioning during the offseason

Course Scope and Content (laboratory):

Unit I            Essential Offseason Skills  
                    A.        Throwing  
                    B.        Catching

- C. Fielding
- D. Batting
- E. Base Running
- F. Pitching

- Unit II      Offseason Conditioning
- A. Quickness
  - B. Strength
  - C. Cardiovascular
  - D. Stamina

- Unit III      Offseason Offense
- A. Hitting
  - B. Bunting
  - C. Base Running

- Unit IV      Offseason Defense
- A. Throwing
  - B. Catching
  - C. Fielding

- Unit V      Basic Rules of the Game
- A. Offense
  - B. Defense
  - 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. Taking notes on multimedia presentations
4. Reading of the textbook

**Methods of Instruction:**

1. Practice
  - a. Individual skills
  - b. Game
2. Demonstration
3. Oral instruction
4. Multimedia

Methods of Evaluation:

1. Skill demonstrations, including:
  - a. Class performance
  - b. Scrimmages
2. Notebook