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Physical Education (PHED) 2507 Advanced Intercollegiate Softball (2 Units; limit 4 Units) CSU:UC
[formerly Physical Education 7B]

Prerequisite: Successful completion in Physical Education 1507 with a grade of “C” or higher

Total Hours: 160 lab hours

Catalog Description: This advanced 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*. 2nd Ed. Champaign, IL: Human Kinetics, 2005. Print.

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

Course Objectives:

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

1. be prepared for a higher level of intercollegiate competition,
2. provide the student with practice games, to build an advanced depth and strength in their ability to play softball, ~~and~~
3. acquaint the student with advanced techniques and strategies used in playing competitive softball
4. improve quickness, strength, and overall conditioning.

Course Scope and Content:

Unit I Advanced Training and Conditioning for Softball

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

D. Stamina

Unit II Advanced Skills Performed in Softball

- A. Throwing,
- B. Catching,
- C. Fielding,
- D. Batting,
- E. Base Running, and
- 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, and
- 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