

College of San Mateo
Official Course Outline

1. **COURSE ID:** P.E. 106 **TITLE:** Theoretical Analysis of Softball

Units: 3.0 units **Hours/Semester:** 48.0-54.0 Lecture hours; and 96.0-108.0 Homework hours

Method of Grading: Grade Option (Letter Grade or P/NP)

Recommended Preparation:

Eligibility for ENGL 838 or ENGL 848

Eligibility for ESL 400

2. **COURSE DESIGNATION:**

Degree Credit

Transfer credit: CSU; UC

3. **COURSE DESCRIPTIONS:**

Catalog Description:

Current concepts of softball are examined using game footage, practices, and computer assisted analysis. Strategy to be covered include, but are not limited to: the short game (bunting, hit and run, squeeze play), when to play for the big inning, batting in different counts, batting in different scenarios. Techniques, game rules, developmental drills, and proper softball strength and conditioning programs are covered. This is NOT an activity class.

4. **STUDENT LEARNING OUTCOME(S) (SLO'S):**

Upon successful completion of this course, a student will meet the following outcomes:

1. Explain in writing and by demonstration the proper mechanics of batting and fielding
2. Diagram solutions to softball situations real and hypothetical
3. Develop and apply a softball philosophy within a team concept
4. Diagram a week, month and season of offensive and defensive activities/drills
5. Understand when to use different softball strategies
6. Explain the rules of the game as they relate to offense and defense

5. **SPECIFIC INSTRUCTIONAL OBJECTIVES:**

Upon successful completion of this course, a student will be able to:

1. Explain in writing and by demonstration the proper mechanics of batting and fielding
2. Diagram solutions to softball situations real and hypothetical
3. Develop and apply a softball philosophy within a team concept
4. Diagram a week, month and season of offensive and defensive activities/drills
5. Understand when to use different softball strategies
6. Explain the rules of the game as they relate to offense and defense

6. **COURSE CONTENT:**

Lecture Content:

I. Strategy

A. Short Game

1. Bunting (hit/sacrifice/squeeze)
2. Hit and run
3. Base stealing
4. 1st and 3rd scenarios

B. Playing for the big inning

1. Knowing team's strengths/weaknesses
2. Positioning hitters in the batting order
3. Positioning defense according to strengths of opponents' batting order

II. Batting

A. Batting in different counts

B. Batting in different situations

C. Batting fundamentals

III. Fielding

A. Fielding in different situations

B. Fielding fundamentals

- IV. Rules of the game (offensive/defensive)
 - A. Traditional rules
 - B. Yearly updates by the NCM
- V. Offensive/Defensive philosophy

7. REPRESENTATIVE METHODS OF INSTRUCTION:

Typical methods of instruction may include:

- A. Lecture
- B. Critique
- C. Directed Study
- D. Discussion
- E. Guest Speakers
- F. Individualized Instruction
- G. Observation and Demonstration
- H. Other (Specify): 1. Students will be given instruction in a classroom setting 2. Students will be taken to the softball field where they will walk through what was discussed 3. Students will then be drilled at game speed about the material presented 4. Guest speakers who are experts in their field will speak to the class 5. Students will have to use their judgement in game situations 6. Instructor generated handouts will be provided

8. REPRESENTATIVE ASSIGNMENTS

Representative assignments in this course may include, but are not limited to the following:

Writing Assignments:

- A. General writing assignment topics include:
 - a. Rules of the game
 - b. Offensive strategies
 - c. Defensive strategies
 - d. Philosophy on team building

Reading Assignments:

- A. General reading assignments are related to the writing topics and include:
 - a. Rules of the game
 - b. Offensive strategies
 - c. Defensive strategies
 - d. Philosophy on team building

9. REPRESENTATIVE METHODS OF EVALUATION

Representative methods of evaluation may include:

- A. Class Participation
- B. Class Performance
- C. Class Work
- D. Exams/Tests
- E. Final Class Performance
- F. Group Projects
- G. Oral Presentation
- H. Papers
- I. Portfolios
- J. Quizzes
- K. Simulation
- L. Written examination
- M. The student will be evaluated on the basis of responses to discussion topics, written assignments, quizzes, and exams.

10. REPRESENTATIVE TEXT(S):

Possible textbooks include:

- A. Westly, Erica. *Fastpitch: The Untold History of Softball and the Women Who Made the Game*, 3rd ed. Touchstone, 2016

Possible manuals include:

- A. Amateur Softball Association of America. Softball Playing Rules, Amateur Softball Association of America, 01-10-2005

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Course Originator: Andreas Wolf