

College of San Mateo
Official Course Outline

1. COURSE ID: TEAM 150 **TITLE:** Softball

Units: 0.5 -1.0 units **Hours/Semester:** 24.0-54.0 Lab hours

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

2. COURSE DESIGNATION:

Degree Credit

Transfer credit: CSU; UC

AA/AS Degree Requirements:

CSM - GENERAL EDUCATION REQUIREMENTS: E4: Physical Education

CSU GE:

CSU GE Area E: LIFELONG LEARNING AND SELF-DEVELOPMENT: E2

3. COURSE DESCRIPTIONS:

Catalog Description:

Basic skills, strategy, and practice in softball. Includes batting, catching, throwing, rules of play, and team strategy through round-robin competition.

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

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

1. Improve in one or more: body composition, range of motion, overall body weight, resting heart rate, strength and endurance, and aerobic capacity.
2. Demonstrate knowledge of the sport of softball.
3. Apply, understand and demonstrate teamwork through communication drills, team building activities, games and challenges.

5. SPECIFIC INSTRUCTIONAL OBJECTIVES:

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

1. Develop strength, endurance, and skills through participation in softball drills.
2. Further develop neuro-muscular coordination.
3. Develop the qualities of sportsmanship, cooperation, team work and initiative.
4. Develop the offensive and defensive skills necessary to succeed in the sport of softball.

6. COURSE CONTENT:

Lab Content:

1. Softball signs
2. Bunt defense
3. Double steal defense
4. Defensive situations
5. Pick-off plays
6. Force plays in infield
7. Cut-off plays
8. Fly ball communication-infielders and outfielders
9. Base running
10. Sliding
11. Basic running fundamentals
12. First base coach guidelines
13. Third base coach guidelines
14. Hitting:
 - A. Fundamentals
 - B. Faults and corrections
 - C. Mental aspect
15. Bunting
16. Pitching
17. Catching
18. Infield play
19. Outfield play

20. Strength and flexibility

7. REPRESENTATIVE METHODS OF INSTRUCTION:

Typical methods of instruction may include:

- A. Lecture
- B. Lab
- C. Activity
- D. Critique
- E. Directed Study
- F. Discussion
- G. Individualized Instruction
- H. Observation and Demonstration

8. REPRESENTATIVE ASSIGNMENTS

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

Writing Assignments:

Review and assess an intercollegiate or high school softball game

Reading Assignments:

Reading assignments as assigned to include rules and regulations of softball

9. REPRESENTATIVE METHODS OF EVALUATION

Representative methods of evaluation may include:

- A. Class Participation
- B. Class Performance
- C. Class Work
- D. Exams/Tests
- E. Lab Activities
- F. Papers
- G. Quizzes
- H. Written examination

10. REPRESENTATIVE TEXT(S):

Other:

- A. Instructor generated handouts.

Origination Date: February 2017
Curriculum Committee Approval Date: April 2017
Effective Term: Fall 2017
Course Originator: Andreas Wolf