

College of San Mateo
Official Course Outline

1. **COURSE ID:** TEAM 158 **TITLE:** Advanced Softball: Women
Units: 0.5 - 2.0 units **Hours/Semester:** 24.0-108.0 Lab hours
Method of Grading: Grade Option (Letter Grade or Pass/No Pass)

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:

A training class for women interested in participating on the Women's Varsity Softball team. Emphasizes advanced skills of softball, including team play, offense and defense. May be taken four times for a maximum of 8 units.

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

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

1. Understand how to break down opponents individual and team strategies through examination and competitive game situations.
2. Develop a working knowledge of proper playing rules for intercollegiate softball through written examination. Students will display adherence to rules and etiquette through demonstration during competitive game situations.
3. Demonstrate advanced fundamental techniques of the sport in both individual and group situations. Student will apply proper game technique in competitive situations.

5. **SPECIFIC INSTRUCTIONAL OBJECTIVES:**

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

1. Understand and analyze how to break down opponents individual and team tendencies through film analysis and competitive situations utilizing various software tools and live, on field situational play.
2. Students will demonstrate an understanding of playing rules for intercollegiate softball.
3. Students will understand and adhere to the rules and etiquette pertinent to intercollegiate softball.
4. Demonstration of advanced fundamental techniques pertinent to intercollegiate softball.

6. **COURSE CONTENT:**

Lab Content:

1. Orientation, class grading, attendance policy, and care of equipment.
2. Softball rules and regulation
3. Safety rules during class play
4. Fundamentals of:
 - A. Throwing, catching and fielding
 - B. Hitting, faults and corrections, plus mental aspects.
 - C. Bunting
 - D. Pitching
 - E. Catching
5. Infield Play, force plays, pick off plays, defense for bunt, double steal squeeze play, double play, triple play, infield fly.
6. Outfield Play, cut off play, fly ball communication, infielders and outfielders.
7. Base running, slidings, base running fundamentals, coaching guidelines.
8. Softball signals

7. **REPRESENTATIVE METHODS OF INSTRUCTION:**

Typical methods of instruction may include:

- A. Lab

- B. Directed Study
- C. Activity
- D. Critique
- E. Discussion
- F. Individualized Instruction
- G. Observation and Demonstration
- H. Other (Specify): Under the direction of the instructor, film analysis of both game and practice will be used to emphasize mental components of skills developed. Students will receive constant dialogue and feedback during skill development sessions about rules and strategies necessary to succeed.

8. REPRESENTATIVE ASSIGNMENTS

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

Writing Assignments:

Students will be required to journal their mental and physical experiences throughout the duration of the course. This will be used to analyze their current psychological and physiological status and subsequently improve in those areas. Students will also be required to engage in and document mental imagery techniques and experiences for peak performance.

Reading Assignments:

- Instructor generated handouts and/or research literature on the following topics:
 - Mental imagery
 - Peak performance

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. Portfolios
- G. Quizzes
- H. Research Projects
- I. Written examination
- J. Evaluation primarily based upon skill development, strategy (both offensive and defensive), and rules of the game. Students will be observed during film study and game analysis and will be tested on the rules of the game while using the NCAA rule book as a guideline.

10. REPRESENTATIVE TEXT(S):

Possible textbooks include:

- A. Mumford, George. *The Mindful Athlete: Secrets to Peak Performance*, ed. Parallax Press, 2016

Other:

- A. NCAA Rule Book, CCCAA Constitution

Origination Date: August 2020

Curriculum Committee Approval Date: November 2020

Effective Term: Fall 2021

Course Originator: Nicole Borg