

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; 96.0-108.0 Homework hours; 144.0-162.0 Total Student Learning hours
Method of Grading: Grade Option (Letter Grade or Pass/No Pass)

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, 1st and 3rd plays), 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 and demonstrate 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. Determine when to use different softball strategies.
5. Explain the rules of the game as they relate to offense and defense
6. Analyze game film and explain philosophical strategy.

5. **SPECIFIC INSTRUCTIONAL OBJECTIVES:**

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

1. Explain and demonstrate the proper mechanics of batting and fielding in a group setting. Ability to make specific modifications to other players techniques.
2. Diagram solutions to softball situations real and hypothetical in first and third situations.
3. Develop and apply a softball philosophy within a team concept that directly relates to each position.
4. Diagram a week, month and season of offensive and defensive activities/drills
5. Determine when to use different softball strategies and understand how to overcome adversity as it pertains to the situation.
6. Explain the rules of the game as they relate to offense and defense. Increase ability to make immediate in game adjustments.
7. Analyze game film and explain philosophical strategy. Break down play by play and explain situational outcomes.

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. Students will give two presentations explaining game film breakdown and possible alternative strategies for success that can be used.

10. REPRESENTATIVE TEXT(S):

Possible textbooks include:

- A. Martin, Billy. *The Blue Book (2022): The Ultimate Guide to Fast Pitch Softball Rules for Umpires, Coaches, and Players Paperback – March 7, 2022*, 4th ed. Independently published (March 7, 2022), 2022

Possible manuals include:

A. Follis, A.. NCAA RULE BOOK, National Collegiate Athletic Association, 01-01-2023

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Course Originator: Nicole Borg