

**College of San Mateo  
Official Course Outline**

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

**Units:** 0.5 or 1.0 units    **Hours/Semester:** 24.0-54.0 Lab hours; 24.0-54.0 Total Student Learning hours

**Method of Grading:** Grade Option (Letter Grade or Pass/No Pass)

**2. COURSE DESIGNATION:**

**Degree Credit**

**Transfer credit:** CSU; UC

**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. May be taken four times for a maximum of 4 units.

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

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

1. Demonstrate collegiate level knowledge of the sport of softball.
2. Improve in one or more: flexibility, range of motion, strength and endurance, and aerobic capacity.
3. 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. On field evaluation proper skill execution.
2. Further develop neuro-muscular coordination through multiple sport specific movements.
3. Develop the qualities of sportsmanship, cooperation, team work and initiative in game like situations.
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

**Other Outside Assignments:**

Watching game film to analyze strategy and execution of plays within the written rules of the NCAA Rule book.

**To be Arranged Assignments:**

Demonstrate skills on field and utilize film to break down execution of each skill.

**9. REPRESENTATIVE METHODS OF EVALUATION**

Representative methods of evaluation may include:

- A. Class Participation
- B. Class Performance
- C. Class Work
- D. Exams/Tests
- E. Group Projects
- F. Lab Activities
- G. Papers
- H. Projects
- I. Quizzes
- J. Simulation
- K. Written examination

**10. REPRESENTATIVE TEXT(S):**

Other:

- A. Instructor generated handouts.
- B. Current NCAA Rule Book

**Origination Date:** July 2023  
**Curriculum Committee Approval Date:** September 2023  
**Effective Term:** Fall 2024  
**Course Originator:** Nicole Borg