

College of San Mateo
Official Course Outline

1. COURSE ID: VARS 320 **TITLE:** Varsity Softball: Women

Units: 3.0 units **Hours/Semester:** 144.0-162.0 Lab hours

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

Recommended Preparation:

Interscholastic participation in softball and TEAM 158.

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:

Intercollegiate women's varsity softball competition in the Coast Conference, regional, and State championships. (May be taken four times for a maximum of 12 units. However, students may only compete intercollegiately for two years.)

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

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

1. Learn the skills and techniques of softball to successfully compete in intercollegiate competition.
2. Develop overall physical fitness
3. Develop knowledge and ability for critical thinking to use the skills and techniques required for participation in intercollegiate softball

5. SPECIFIC INSTRUCTIONAL OBJECTIVES:

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

1. Learn the skills and techniques of softball to successfully compete in intercollegiate competition.
2. Develop overall physical fitness.
3. Develop knowledge and ability for critical thinking to use the skills and techniques required for participation in intercollegiate softball.

6. COURSE CONTENT:

Lecture Content:

1. Orientation, class grading, attendance policy, care of equipment, and use of facilities
2. Softball rules and regulations
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
 - F. Infield play, force play, pick off play, defense for bunt, double steal squeeze play, double play, triple play, infield fly
 - G. Outfield play, cut off play, fly ball communication, infielders and outfielders
5. Base running, sliding, base running fundamentals, coaching guidelines
6. Softball signals
7. Offensive strategy
8. Defensive strategy
9. Eligibility requirements

Lab Content:

- Warm-up and Preventative Maintenance Exercises
- Physiological Conditioning Specific to the Sport of Softball

- Plyometric, Flexibility, Strength and Cardiovascular Training through Various Exercise Prescriptions
- Individual Skill Development to Include Both Offensive and Defensive tactics
 - Offensive:
 - Hitting
 - Bunting
 - Base running (including stealing)
 - Signs
 - Defensive:
 - Cut-offs
 - Field adjustments
 - Back-up
 - Bunt defense
 - Double play
- Team Tactical Development
- Individual, Group or Small Group Tactics
- Mental Imagery Techniques and Strategies

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
- I. Other (Specify): Instructor generated handouts, films and other literature necessary for student success

8. REPRESENTATIVE ASSIGNMENTS

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

Writing Assignments:

- Students may be expected to observe, analyze and critique, in written form, 20-30 hours of game film as well as individual biomechanical analysis.
- Individual goal setting journal

Reading Assignments:

Instructor generated hand-outs related to nutrition, skill development, mental imagery, and other pertinent psychological or physiological concepts necessary for student success at an intercollegiate competitive level.

9. REPRESENTATIVE METHODS OF EVALUATION

Representative methods of evaluation may include:

- A. Class Participation
- B. Class Performance
- C. Class Work
- D. Final Performance
- E. Lab Activities
- F. Portfolios
- G. Progressive skill development; performance of the various skills developed through the class

10. REPRESENTATIVE TEXT(S):

Other:

- A. Current NCAA manual, Current CCCAA Constitution and Bylaws, Current CCCSCA Championship Handbook.

Origination Date: March 2015
Curriculum Committee Approval Date: November 2015
Effective Term: Fall 2016

