

Lassen Community College Course Outline

PEAC-10 Women's Varsity Softball

3.0 Units

I. Catalog Description

Intercollegiate Women's Varsity Softball Competition. This course may be taken for a total of two enrollments. Since skills/proficiencies are enhanced by supervised repetition and practice, this course is repeatable to a maximum of three enrollments but can only be taken once per year.

Transfers to both UC/CSU
General Education Area: E2
170 Hours Lab
Scheduled:

II. Coding Information

Repeatability: Maximum three enrollments
Grading Option: Graded or Pass/No Pass
Credit Type: Credit - Degree Applicable
TOP Code: 083550

III. Course Objectives

A. Course Student Learning Outcomes

Upon completion of this course the student will be able to:
Perform softball skills in game play at a level appropriate for continued participation in intercollegiate softball at a two-year or four-year institution.

B. Course Objectives

Upon completion of each enrollment of this course the student will be able to progressively show increased abilities (beginning, intermediate, advanced levels) to:

1. Demonstrate physical conditioning appropriate to softball.
2. Perform individual skills of throwing, catching, hitting, base running, and fielding at a beginning, intermediate and advanced level.
3. Apply knowledge of offensive and defensive team play to beginning, intermediate and advanced situations.
4. Apply knowledge of special situations including first and third situations, bunt situations, and pick-offs to beginning, intermediate and advanced situations. .

IV. Course Content

Student proficiency is increased with each enrollment

A. Conditioning

1. Warm-ups
2. Stretching
3. Running
4. Agility Exercises
5. Game Conditioning
6. Isolating Key Muscle Groups
7. Handling Injuries

B. Individual Skills

1. Throwing

- 2. Catching
- 3. Hitting
- 4. Base Running
- 5. Fielding
- C. Rules of the Game
 - 1. Offensive Terms and Rules
 - 2. Defensive Terms and Rules
 - 3. Positional Responsibilities
- D. Offensive Strategies
- E. Defensive Strategies
- F. Special Skills/Situations
- G. Game Play
 - Scenarios, scrimmages and intercollegiate games

V. Assignments

A. Appropriate Readings

None

B. Writing Assignments

None

C. Expected Outside Assignments

None

D. Specific Assignments that Demonstrate Critical Thinking

1. The student will analyze game situations and demonstrate the appropriate skills and strategies necessary for intercollegiate softball competition.
2. The student will analyze those behaviors which demonstrate leadership, team play and sportsmanship and will apply their knowledge during competitive events.

VI. Methods of Evaluation

Example #1: To demonstrate performance of softball skills, the instructor will observe and evaluate student performance in drills and simulated situations reflecting most aspects of softball. Competency is demonstrated through each student's ability to perform the skills necessary in a majority of simulated situations at a higher level of competency (beginner, intermediate, advanced) with each enrollment.

Example #2: To demonstrate analysis and response to game situations, the instructor will observe and evaluate each student's decision-making ability in simulated drills, scrimmages and in game situations. Student competency is demonstrated through the ability to make correct strategy decisions and apply the appropriate technique in a majority of common situations with an increasing level of competency (beginner, intermediate, advanced) dependent on total number of enrollments.

VII. Methods of Delivery

Check those delivery methods for which, this course has been separately approved by the Curriculum/Academic Standards Committee.

Traditional Classroom Delivery Correspondence Delivery

Hybrid Delivery

Online Delivery

1. Instructor will demonstrate methods of physical conditioning appropriate to softball. Students will perform drills, individually and in groups, for each conditioning component, under the supervision and feedback of the instructor. Students will be shown how to monitor and evaluate their own physical condition and will learn the appropriateness and importance of each conditioning component.
2. For individual skills, the instructor will demonstrate the proper technique and then execute drills accompanying feedback to provide repetition as students gain mastery of the skill.
3. For strategy skills, the instructor will use diagrams and video tapes to introduce a strategy and then conduct group drills to simulate and practice the skill strategy. Utilizing scrimmage and game situations, the instructor will evaluate each student's selection and execution of the appropriate strategy responses. Group and individual feedback will be used throughout drill, simulation, scrimmage, and game situations.
4. For rules of the game, the instructor will demonstrate situations appropriate to the application of each rule, design and conduct drills to reinforce the rules, and provide feedback to students during drills, scrimmage and game situations.

VIII. Representative Texts and Supplies

Activity class – no texts required

IX. Discipline/s Assignment

Coaching, Physical Education

X. Course Status

Current Status: Active

Original Approval Date: 4/17/1990

Revised By: Cheryl Aschenbach

Curriculum/Academic Standards Committee Revision Date: 05/07/2013

Reviewed for IPR with no change: 03/15/2022