

COURSE OUTLINE

Kinesiology 236
Softball Theory
(Previously Physical Education 236)

Catalog Statement

KIN 236 covers the theoretical foundations of the sport of softball.

Total Lecture Units: 2.0
Total Laboratory Units: 0.0
Total Course Units: 2.0

Total Lecture Hours: 32.0
Total Laboratory Hours: 0.0
Total Laboratory Hours To Be Arranged: 0.0
Total Faculty Contact Hours: 23.0

Recommended Preparation: Knowledge of softball fundamentals.

Note: KIN 236 is recommended for kinesiology majors.

Course Entry Expectations

Skill Level Ranges: Reading 4; Writing 4; Listening/Speaking 4; Math 2.

Prior to enrolling in the course, the student should be able to:

- understand softball strategies;
- follow verbal instructions and understand practice organization;
- demonstrate conceptual understanding of softball skills;
- transfer practice skills and strategies to game situations.

Course Exit Standards:

Upon successful completion of the required coursework, the student will be able to:

- recall the rules and regulations of fast pitch softball as they apply to intercollegiate softball;
- analyze the role of the mental aspects of the game as they relate to competitive softball;
- analyze defensive strategies and fundamentals of the game as they apply to the various positions on the field;
- analyze offensive strategies and fundamentals as they apply to batting and base running;
- understand various schemes and drills which are incorporated into practice;
- list the basic components of various team concepts as they relate to success in softball.

Course Content

Total Faculty Contact Hours = 32.0

Team Concepts for Softball (4 hours)

- Team philosophy
- Mental approach and strategies
- Implementation of goal setting
- Practice organization
- Safety

Rules and regulations for Softball (2 hours)

- California Community College Athletic Association decorum
- NCAA rules and regulations

Team Defense for Softball (10 hours)

- Infield
- Outfield
- Pitching
- Catching

Team Offense for Softball (10 hours)

- Bunting
- Hitting
- Base running

Organization for Softball (4 hours)

Practice organization

- Charts
- Statistics
- Scouting
- Picking signs

Conditioning for Softball (2 hours)

- Weight training
- Stretching
- Injury prevention
- Nutrition

Methods of Instruction

The following methods of instruction may be used in the course:

- lecture;
- video.

Out of Class Assignments

The following out of class assignments may be used in the course:

- written assignments (e.g. practice/film reflection);
- individual goal setting (e.g. worksheet practice/game goals).

Methods of Evaluation

The following methods of evaluation may be used in the course:

- written mid-term;
- final exam.

Textbook(s)

Garman, Judi. *Softball Skills and Drills*. 2nded. Champaign Illinois: Human Kinetics, 2011. Print.

13.1 Grade Textbook Reading Level. ISBN –13: 978-0-7360-9074-2

National Collegiate Athletic Association. *NCAA Softball 2014 and 2015 Rules and Interpretations*. 2013. Print.

13.9 Grade Textbook Reading Level. ISSN: 1089-0106

Student Learning Outcomes

Upon successful completion of the required coursework, the student will be able to:

- demonstrate and apply safety rules and procedures to effectively participate in a physical movement environment;
- execute and apply levels of defensive strategies;
- execute and apply levels of offensive strategies;
- understand decorum rules and conduct for collegiate competition.