



COURSE OUTLINE : ATHPE 130

D Credit – Degree Applicable

COURSE ID 003074

Cyclical Review: August 2020

COURSE DISCIPLINE : ATHPE
COURSE NUMBER : 130
COURSE TITLE (FULL) : Intercollegiate Softball
COURSE TITLE (SHORT) : Intercollegiate Softball

CATALOG DESCRIPTION

ATHPE 130 is an advanced course designed for students who plan to compete at the collegiate level in the sport of softball. This course emphasizes conditioning, advanced skill, theory, tactics, strategy and intercollegiate competition. Student-athletes are required to meet the standards for the California Community College Athletic Association (CCCAA) eligibility guidelines and decorum policies.

CATALOG NOTES

Note: This class is designed for intercollegiate softball. Note: May be taken 4 times for credit.

Total Lecture Units: 1.50

Total Laboratory Units: 1.00

Total Course Units: 2.50

Total Lecture Hours: 27.00

Total Laboratory Hours: 54.00

Total Laboratory Hours To Be Arranged: 0.00

Total Contact Hours: 81.00

Total Out-of-Class Hours: 54.00

Prerequisite: None.



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ENTRY STANDARDS

	Subject	Number	Title	Description	Include
1				Apply a variety of softball skills appropriate for intercollegiate softball;	Yes
2				integrate National Collegiate Athletic Association (NCAA) rules and CCCAA decorum policies into weekly competition;	Yes
3				display cardiovascular health, muscular strength and endurance;	Yes
4				utilize verbal communication and softball terms necessary for collegiate competition;	Yes
5				demonstrate how to apply workable solutions within a team environment.	Yes

EXIT STANDARDS

- 1 Identify and analyze concepts of individual strategies;
- 2 identify and analyze concepts of team strategies;
- 3 utilize and apply film analysis and simulated game situations for competition;
- 4 show advanced collegiate level skills;
- 5 review and practice offensive schemes;
- 6 review and practice defensive schemes;
- 7 breakdown and apply practical and general knowledge of the game of softball;
- 8 model and apply practical and general knowledge of rules and decorum policies;
- 9 integrate conditioning and weight training into daily practices;
- 10 recognize the role of nutrition in athletic performance;
- 11 demonstrate the ability to work with a team as a unit and develop team concepts.

STUDENT LEARNING OUTCOMES

- 1 implement and apply technical and tactical skills necessary for collegiate competition;
- 2 integrate and execute advanced cooperative skills needed to perform at a high level of play;
- 3 demonstrate and apply safety rules and procedures to effectively participate in a collegiate sport.



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COURSE CONTENT WITH INSTRUCTIONAL HOURS

	Description	Lecture	Lab	Total Hours
1	Team Philosophies and Rules of Softball <ul style="list-style-type: none"> • Sportsmanship • Team rules • Individual/team goal setting • NCAA rules • California Community College Athletic Association Decorum • Training room policies and procedures for treatment 	4	0	4
2	Safety for Softball <ul style="list-style-type: none"> • Batting practice awareness • Proper warm up • Proper cool down • Arm care • Strength training to prevent injury 	8	0	8
3	Fundamental Conditioning for Softball <ul style="list-style-type: none"> • Agility • Coordination • Specific muscle group development • Muscular and cardiovascular endurance • Plyometric • Core training 	0	8	8



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4	<p>Advanced Fundamental Skills in Softball</p> <ul style="list-style-type: none"> • Batting • Approach • Recognition of pitches • Pitch selection • Situational hitting • Bunting for a base hit • Squeeze play • Hit and run • Pitching • Run control • Pitch selection • Pitch location • Base running • Stealing second base • Stealing third base • Stealing home • Ball in dirt • Reaction to batted ball • Fielding • Force plays • Tag plays • Double plays • Triple plays • Run downs • Relays 	0	14	14
5	<p>Offensive Strategies for Intercollegiate Softball Competition</p> <ul style="list-style-type: none"> • Signs from coach • First and third base offense • Shade bunt • Suicide squeeze • Taking pitches • Charting opposing team tendencies • Applying chart information • Substitutions 	0	16	16
6	<p>Defensive Strategies for Intercollegiate Softball Competition</p> <ul style="list-style-type: none"> • Signs from coach • First and third base defense • Defending the squeeze play • Bases loaded pick off plays • Intentional walk • Pitch out • Shifting • Substitutions 	0	16	16



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7	Understanding Team Dynamics • Creating a positive team environment • Effective communication • Dealing with failure	8	0	8
8	Nutrition for the Competitive Athlete • Hydration • Eating balanced meals • Carbohydrate and protein combinations • Packing smart snacks • Supplements: Good or bad	6	0	6
9	Definitions of Diversity, Inclusion, inequality and discrimination in Sports Competition • Gender • Race/ethnicity • Sexuality • Religion	1	0	1
				81

OUT OF CLASS ASSIGNMENTS

- 1 game evaluation (e.g. written evaluations regarding positive and negative performances with player feedback);
- 2 game analysis (e.g. written summary and review of game film both team and individual);
- 3 statistical analysis (e.g. written summary of expectations of opponents as it applies to their game statistics).

METHODS OF EVALUATION

- 1 demonstration evaluations (e.g. execution of offensive and defensive plays);
- 2 biomechanical analysis through video;
- 3 weekly competition;
- 4 written and verbal exams (e.g. offensive and defensive sign system).

METHODS OF INSTRUCTION

- Lecture
- Laboratory
- Studio
- Discussion
- Multimedia
- Tutorial



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- Independent Study
- Collaboratory Learning
- Demonstration
- Field Activities (Trips)
- Guest Speakers
- Presentations

TEXTBOOKS

Title	Type	Publisher	Edition	Medium	Author	IBSN	Date
Softball 2020-2021 Rules and Interpretations		National Collegiate Athletic Association, 2020. Digital file.			National Collegiate Athletic Association		2020