

**PALOMAR COLLEGE**  
**COURSE OUTLINE OF RECORD FOR**  
**DEGREE CREDIT COURSE**

X Transfer Course X A.A. Degree applicable course  
(check all that apply)

**COURSE NUMBER AND TITLE:** ACS 101 Intercollegiate Softball (Women)

**UNIT VALUE:** 2

**MINIMUM NUMBER OF SEMESTER HOURS:** 175

**BASIC SKILLS REQUIREMENTS:** Appropriate language skills

**ENTRANCE REQUIREMENTS** None

**PREREQUISITE:** None

**COREQUISITE:** None

**RECOMMENDED PREPARATION:** None

**SCOPE OF COURSE:**

To provide students with the opportunity to develop advanced skills and the strategies in this specific sport which will be applied to competitive situations.

**SPECIFIC COURSE OBJECTIVES:**

Successful students will be able to:

1. Identify the role of each player on the team.
2. Analyze and apply principles of the fundamentals of offensive and defensive strategies in the game of softball.
3. Explain and apply the principles of good fundamentals of hitting, fielding, throwing and baserunning.
4. Analyze the individual performance during practice and game situations.
5. Apply the principles of cardiovascular conditioning.
6. Identify the skills used in dealing with adjustments for game situations with a thorough understanding.
7. Identify the principles of team work communication, discipline and utilize them throughout the season.
8. Analyze values and apply good sportsmanship, self-discipline, teamwork, leadership and self-motivation in making a commitment to the program.

**CONTENT IN TERMS OF SPECIFIC BODY OF KNOWLEDGE:**

1. Pre-Season
  - A. Conditioning
    1. Weight training
    2. Cardiovascular
    3. Throwing
    4. Baserunning
2. Season
  - A. Strategy and Fundamentals

- B. Hitting
  - 1. Bunt game
  - 2. Hit and run
  - 3. Opposite field
  - 4. Two strikes
  - 5. Advantage hitting
- C. Baserunning
  - 1. Stealing
  - 2. Extra bases
- D. Fielding
  - 1. Bunt defense
  - 2. Throws
  - 3. Ground balls
  - 4. Fly balls
  - 5. Line drives
- E. Pitching
  - 1. Situations
  - 2. Pitchouts
  - 3. Intentional walks
  - 4. Control
  - 5. Speed
  - 6. Breaking pitches

**REQUIRED READING:**

Literature distributed by instructor from various softball publications.

**SUGGESTED READING:**

Additional information from instructor pertaining to softball and sport psychology.

**REQUIRED WRITING:**

Skill demonstration of softball hitting, baserunning and fielding are more appropriate.

**OUTSIDE ASSIGNMENTS:**

**Students are expected to spend a minimum of three hours per unit per week in class and on outside assignments, prorated for short-term classes.**

- 1. Attend games and tournaments.
- 2. Meet with trainer, if necessary, for prevention and rehabilitation of injuries

**INSTRUCTIONAL METHODOLOGY:**

**Check all that apply:**

- lecture
- laboratory
- lecture-laboratory combination
- directed study

**DISTANCE LEARNING:**

**This course may be offered as a distance learning course and meets Title 5 regulations 55370, 55372, 55374, 55376, 55378, and 55380.**

Yes  No

**If yes, check all that apply:**

Television Course (Video one-way, e.g. ITV, video cassette, etc.)

- \_\_\_\_\_ Online Course (Text one-way, e.g. newspaper, correspondence, electronic file, etc.)
- \_\_\_\_\_ Two-Way Video Conferencing (Two-way interactive video and audio)
- \_\_\_\_\_ One-Way Video Conferencing (One-way interactive video and two-way interactive audio)
- \_\_\_\_\_ Computer Assisted Instruction (A specialized form of mediated instruction relying primarily on student access to information and prepared lessons or teaching materials through a computer terminal, but not under immediate supervision of a qualified instructor.)

**GRADING POLICY AND STANDARDS** (include methods of determining whether the stated objectives have been met by students):

- 40% - Practice
- 30% - Subjective evaluation on goal achievement
- 30% - Games and tournament performance

**IS COURSE REPEATABLE FOR REASON(S) OTHER THAN DEFICIENT GRADE?**

Yes  X  No \_\_\_\_\_ Number of times course may be taken for credit:  3

If yes, identify specific provision of Title 5 Division 2 section(s), 55761-55763 and 58161 which qualifies course as repeatable:

58161 ( C ) ( 2 ) ( A ) and ( B )

**CONTACT PERSON:** Mark Eldridge, extension 2469

**SIGNATURES ON FILE**