

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: PE 165 Coed Softball

UNIT VALUE: 1, 1.5

MINIMUM NUMBER OF SEMESTER HOURS: 32, 48

BASIC SKILLS REQUIREMENTS: Appropriate language skills

ENTRANCE REQUIREMENTS

PREREQUISITE: None

COREQUISITE: None

RECOMMENDED PREPARATION: None

SCOPE OF COURSE:

Basic skills of slow pitch, fast pitch, and over-the-line softball.
Includes rules, basic skills, and play.

SPECIFIC COURSE OBJECTIVES:

The successful student will:

1. analyze stretching, nutrition and conditioning for recreation players.
2. explain basic base running, defense, and offense to form a foundation to expand.
3. identify the socialization benefits of the game of coed softball.

CONTENT IN TERMS OF SPECIFIC BODY OF KNOWLEDGE:

1. **Stretching**
 - a. Throwing arm
 - b. Running
 - c. Overall body
- 2 **Hitting**
 - a. Bat control
 - b. High arc
 - c. Hit and run

3. Fielding

- a. Outfield
 - 1. ground balls
 - 2. fly balls
 - 3. line drives
 - 4. throws
- b. Infield
 - 1. ground balls
 - 2. fly balls
 - 3. line drives
 - 4. throws
- c. Infield/Outfield Communication

4. Baserunning situations

- a. Advance
- b. Retreat
- c. Freeze
- d. Anticipation

5. Compadre

- a. Teamwork
- b. Patience
- c. Spirit

REQUIRED READING:

Instructor generated handouts in: Fastpitch World (monthly magazine and video)

National Softball Coaches Association (monthly publication)

SUGGESTED READING:

Cal-Hi (monthly publication)

REQUIRED WRITING:

Skill demonstration is 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.

Read, study handouts, and lecture notes. Practice skills, and Participate in bi-annual coed softball playoffs.

INSTRUCTIONAL METHODOLOGY:

Check all that apply:

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

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

Yes No .

If yes, check all that apply. (See guidelines for preparation for definitions.)

telecourse

mediated instruction

computer assisted instruction

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

Participation 70%

Subjective evaluation 30%

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

Yes No Number of times course may be taken for credit: 4.

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)

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