

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 190 Theory of Softball

UNIT VALUE: 2

MINIMUM NUMBER OF SEMESTER HOURS: 32

BASIC SKILLS REQUIREMENTS: Appropriate language and computational skills

ENTRANCE REQUIREMENTS None

PREREQUISITE: None

COREQUISITE: None

RECOMMENDED PREPARATION: None

SCOPE OF COURSE:

Fastpitch softball rules, playing techniques, coaching strategies, and practice organization.

SPECIFIC COURSE OBJECTIVES:

Successful students will be able to:

1. analyze fast pitch softball rules.
2. compare and distinguish differences between fast and slow pitch.
3. evaluate and debate baseball contributions to softball.
4. examine batting/hitting swing setup.
5. compare and contrast a hitting slump.
6. apply principles of the mental approach in softball.
7. explain proper fielding mechanics.
8. explain and prepare fundamental throwing proposal.
9. synthesize extensive coaching strategies.
10. anticipate and pose problems related to Off Season/ In Season practice organization.

CONTENT IN TERMS OF SPECIFIC BODY OF KNOWLEDGE:

- I. Introduction
 - A. Demonstration
 - B. Illustration
 - C. Practice

- II. Coaching of advanced offensive softball skills
 - A. Batting
 - 1. Hitting swing
 - 2. Proper mental approach
 - 3. Pulling the ball
 - 4. Opposite field hitting
 - 5. Switch-hitting
 - 6. Breaking a hitting slump

 - B. Bunting
 - 1. Sacrifice
 - 2. Push
 - 3. Drag
 - 4. Squeeze play
 - 5. Fake bunt

 - C. Base running
 - 1. Running to first base
 - 2. Rounding first base
 - 3. Leading off
 - 4. Breaking up the d-play
 - 5. Base coaches
 - 6. Base running drills
 - 7. Sliding

- III. Coaching of advance defensive softball skills
 - A. Types of gloves
 - B. Fielding positions
 - C. Throwing techniques
 - D. Catching
 - E. Tagging
 - F. Run-down play
 - G. Playing the hitters
 - H. Getting the jump on balls
 - I. Pop-fly priorities
 - J. Cutoffs and relays
 - K. Pre-pitch preparation
 - L. Covering and backing up
 - M. Pick-off plays
 - N. First and third situations

- IV. Advanced offensive strategy
 - A. Batting order
 - B. Offensive tactics
 - C. Squeeze play
 - D. Bunting
 - E. Base running
 - F. Signals
 - G. Stealing signals
 - H. Base coaching duties
 - I. Offensive drills

- V. Advanced defensive strategy (team)
 - A. Primary needs
 - B. Defensive alignments
 - C. Relays and cutoffs
 - D. Defensive play situations
 - E. Defensive signals
 - F. Defensive drills

REQUIRED READING:

Instructor generated handouts.

Simpson, Bobby. Basic Strategy for Winning Softball. Benton: Wisconsin, Sysko's Sports Books Inc., 1999.

SUGGESTED READING:

Fastpitch World. – Monthly publication

REQUIRED WRITING:

1. Analysis of batting, defensive play, offensive, and defensive strategy (1 page each)
2. Term paper covering all skills introduced (five pages)
3. Personal profile containing individual and team goals (two pages)
4. Written interview (pages) with any type of successful professional must have instructor approval.

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 and study handouts, lecture notes, and text. Prepare writing assignment, practice skills, study for exams, and read periodicals provided.

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):

Writing assignment	20%
Participation	20%
Midterm - written exam demonstrating knowledge of hitting, fielding, throwing and base running fundamentals	30%
Final - written exam with emphasis on softball strategies.	30%

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

Yes ___ No x Number of times course may be taken for credit: 1

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

CONTACT PERSON: Mark Eldridge Extension 2469

SIGNATURES:

SIGNATURES ON FILE