

**CUYAMACA COLLEGE**  
**COURSE OUTLINE OF RECORD**

**EXERCISE SCIENCE 171A – BEGINNING SOFTBALL**

1 hour lecture, 1 hour laboratory, 1 unit

**Catalog Description**

Introduces the basic fundamentals of the game of softball. For individuals of all ages and fitness levels. Emphasizes lifelong health and vigor through exercise and activities. Promotes enjoyment of the game of softball, physical activity, safety, and injury prevention. Includes individual position skill, and offense and defense strategies.

**Prerequisite**

None

**Course Content**

- 1) Learn and practice individual body skills and footwork
- 2) Learn and practice eye/hand skills
- 3) Terminology, rules and scoring
- 4) Beginning level defensive/offensive tactics and strategies
- 5) Team dynamics
- 6) Tournament play
- 7) Parameters of physical fitness and healthy lifestyle choices; implications on lifelong health and well-being

**Course Objectives**

Students will be able to:

- 1) Describe the rules of play, codes of behavior, use of terminology and scoring of softball.
- 2) Examine the relationship between physical fitness and good health, and apply the skills gained in class to promote good health and fitness throughout one's life.
- 3) Describe and demonstrate proper warm-up and cool down stretching.
- 4) Demonstrate basic softball skills including; running, hitting, fielding, offensive and defensive play.

**Method of Evaluation**

A grading system will be established by the instructor and implemented uniformly. Grades will be based on demonstrated proficiency in subject matter determined by multiple measurements for evaluation, one of which must be written exams, skills demonstration or, where appropriate, the symbol system.

- 1) Quizzes and exams that measure students' ability to identify, explain, describe and/or provide examples of the rules, ethics, and strategies of play for softball and how they apply to both recreational and competitive environments.
- 2) Objective skills testing that measure students' proficiency and improvement in the following: strategic field coverage, basic hitting skills and fielding techniques.
- 3) Objective assessment of student participation and performance in class competitions and tournaments based on the following criteria: appropriate use of rules and scoring, sportsmanship and teamwork, and skills development and improvement.
- 4) In-class activities and/or homework assignments that measure students' ability to evaluate the relationship between physical fitness and good health throughout one's life.

**Special Materials Required of Student**

Appropriate exercise attire, softball glove

**Minimum Instructional Facilities**

Softball field, softballs, bats, gloves

**Method of Instruction**

- 1) Lecture and demonstration
- 2) Videotape analysis
- 3) Individual/team practice
- 4) Tournament play

**Out-of-Class Assignments**

- 1) Assigned reading
- 2) Multimedia
- 3) Goals paper
- 4) Analysis of competitive softball (as seen live and in available media)

**Texts and References**

- 1) Required (representative example): None
- 2) Supplemental: provided by instructor

**Exit Skills**

Students having successfully completed this course exit with the following skills, competencies and/or knowledge:

- 1) Demonstrate the fundamentals of hitting (proper stance, swing and tracking of the ball).
- 2) Identify basic offensive strategies (setting a line-up, sacrifice hits, stealing bases) and know when they should be applied.
- 3) Identify basic defensive strategies (walking a batter, using the cut-off man, positions) and know when they should be applied.
- 4) Demonstrate the fundamentals of fielding (proper stance, throwing, running and catching).
- 5) Explain the importance of stretching, warm-up and cool-down.
- 6) Recognize correct application of softball rules on a written exam.

**Student Learning Outcomes**

Upon successful completion of this course, students will be able to:

- 1) Define beginning-level softball terms.
- 2) Describe softball positions and scoring.
- 3) Identify appropriate softball etiquette.
- 4) Demonstrate softball skills appropriate for competition, recreation, and fitness-enhancing play at the beginning level.