

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

**EXERCISE SCIENCE 171B – INTERMEDIATE SOFTBALL**

1 hour lecture, 1 hour laboratory, 1 unit

**Catalog Description**

Instruction in the fundamentals of the game of softball at the intermediate level. 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

**Recommended Preparation**

"C" grade or higher or "Pass" in ES 171A or equivalent

**Entrance Skills**

Without the following skills, competencies and/or knowledge, students entering this course will be highly unlikely to succeed:

- 1) Fundamentals of hitting (proper stance, swing and tracking 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) 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.

**Course Content**

- 1) Individual body skills and footwork
- 2) Eye and hand skills
- 3) Terminology, rules and scoring
- 4) Intermediate 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 at the intermediate level and how they apply to both recreational and competitive games.
- 2) Objective testing that measures students' skills proficiency and improvement in play.
- 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 health throughout the lifespan.

**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 will:

- 1) Demonstrate the ability to hit a softball at an intermediate level (hit away, aim the hit, bunt).
- 2) Demonstrate an intermediate level of performance of offensive strategies during tournament/game play (line-up, hitting and base-running decisions).
- 3) Demonstrate an intermediate level of performance of defensive strategies during tournament/game play (pitching and position decisions).
- 4) Demonstrate the ability to field a softball at an intermediate level (proper stance, good aim, knowing their position and role in the field, throwing mechanics and catching techniques).
- 5) Demonstrate proper stretching techniques for softball warm-up and cool-down.
- 6) Correctly apply softball rules to situations on a written exam.

**Student Learning Outcomes**

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

- 1) Define intermediate-level softball terms.
- 2) Describe softball positions, scoring, and strategies.

- 3) Identify appropriate softball etiquette.
- 4) Demonstrate softball skills appropriate for competition, recreation, and fitness-enhancing play at the intermediate level.