

CUYAMACA COLLEGE
COURSE OUTLINE OF RECORD

EXERCISE SCIENCE 171C – ADVANCED SOFTBALL

1 hour lecture, 1 hour laboratory, 1 unit

Catalog Description

Instruction in the game of softball at the advanced 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 171B or equivalent

Entrance Skills

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

- 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.

Course Content

- 1) Individual body control skills and footwork
- 2) Eye hand skills
- 3) Terminology, rules and scoring
- 4) Advanced 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 advanced 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

Student Learning Outcomes

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

- 1) Define advanced-level softball terms.
- 2) Describe competitive strategies for each position in softball.
- 3) Identify appropriate softball etiquette.
- 4) Demonstrate softball skills appropriate for competition, recreation, and fitness-enhancing play at the advanced level.