

BUTTE COLLEGE

COURSE OUTLINE

I. CATALOG DESCRIPTION

KIN 86 - Varsity Softball

3 Unit(s)

Prerequisite(s): NONE

Limitation on Enrollment: Student-athletes currently participating in Intercollegiate Athletics

Recommended Prep: NONE

Transfer Status: CSU/UC

153 hours Lab

This course is designed for students who meet the criteria to compete in intercollegiate softball. All varsity sports entail practice at designated times. Since skills/proficiencies are enhanced by supervised repetition and practice, this course may be repeated three times.

II. OBJECTIVES

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

- A. define softball safety and rules.
- B. practice the proper etiquette of softball competition.
- C. describe offensive and defensive strategies for intercollegiate competition.
- D. perform offensive and defensive skills at a level appropriate for intercollegiate competition.
- E. demonstrate pre-game, in-game and post-game physical routines.
- F. demonstrate proper maintenance of individual equipment and the playing field.

III. COURSE CONTENT

A. Unit Titles/Suggested Time Schedule

		Lab	
<u>Topics</u>			<u>Hours</u>
1.	Orientation and Safety		2.00
2.	Throwing		9.00
3.	Catching		9.00
4.	Batting/Bunting		20.00
5.	Defense Skills and Strategies		15.00
6.	Offense Skills and Strategies		15.00
7.	Position Responsibilities		8.00
8.	Position Skills		8.50
9.	Pitching		8.50
10.	On/Off Field Procedures		5.00
11.	Field Maintenance		5.00
12.	Base Running Situations		10.00
13.	Strength and Conditioning		6.00
14.	Mental Preparation		8.00
15.	Coverage Skills		10.00
16.	Signs and Signals		4.00
17.	Field Communications		6.00

18. Sliding

4.00

Total Hours

153.00

IV. METHODS OF INSTRUCTION

- A. Discussion
- B. Demonstrations
- C. Reading Assignments
- D. Multimedia Presentations
- E. Drills/Practical

V. METHODS OF EVALUATION

- A. Class participation
- B. Written or Oral Examinations
- C. Practical Evaluations

VI. EXAMPLES OF ASSIGNMENTS

- A. Reading Assignments
 - 1. Read a minimum of two articles that describe techniques and drills used by collegiate and Olympic softball coaches and athletes. Be prepared to demonstrate and discuss in class.
 - 2. Research an internet article that outlines the history of Women's Softball and the impact the sport has had on society. Plan to make a brief presentation in class on your findings.
- B. Writing Assignments
 - 1. Maintain a journal each week to review and analyze your game performances.
 - 2. Create a diagram that outlines all defensive position responsibilities and offensive player tendencies.
- C. Out-of-Class Assignments
 - 1. View a softball event and report your observations of the conduct, rules, and techniques. The event may be viewed in person, through television, or via the internet.
 - 2. Study practice plans, pitching charts, and defensive alignment charts. Apply knowledge to daily performance.

VII. RECOMMENDED MATERIALS OF INSTRUCTION

Materials Other Than Textbooks:

- A. The student will be required to provide:
 - a. Proper softball attire b. Proper softball shoes
- B. Other materials and/or equipment will be provided by the department

Created/Revised by: Mario Vela

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