

Las Positas College  
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## Course Outline for KIN SB

### SOFTBALL

Effective: Spring 2015

#### I. CATALOG DESCRIPTION:

KIN SB — SOFTBALL — 1.00 - 2.00 units

Introduction and participation in the skills and conditioning needed to participate in the sport of slow pitch softball.

1.00 - 2.00 Units Lab

#### Grading Methods:

#### Discipline:

	<u>MIN</u>	<u>MAX</u>
<b>Lab Hours:</b>	54.00	108.00
<b>Total Hours:</b>	54.00	108.00

#### II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 1

#### III. PREREQUISITE AND/OR ADVISORY SKILLS:

#### IV. MEASURABLE OBJECTIVES:

**Upon completion of this course, the student should be able to:**

- A. Play by the general rules of softball;
- B. Demonstrate and perform basic skills (e.g. throwing, catching, fielding, batting, running, etc.) required of softball;
- C. Describe softball equipment and field specifications;
- D. Describe the importance of warm-ups and cool-downs; and flexibility;
- E. Utilize strategies of competitive play;
- F. Understand the roles of leadership, team play, and sportsmanship;
- G. Exhibit sportsmanship.

#### V. CONTENT:

- A. General instruction on basic rules of softball;
- B. Selection, use and safety concerns associated with softball equipment;
- C. Basic offensive and defensive strategies used in softball;
- D. Selected drills to improve and develop skills required in softball;
- E. Participation in slow pitch softball games.

#### VI. METHODS OF INSTRUCTION:

- A. Student Participation in drills and games
- B. Lecture and Demonstration 1. Stance and ready position 2. Fielding a ground ball. Instructor demonstration followed by selected drills to develop this skill.

#### VII. TYPICAL ASSIGNMENTS:

A. Follow instructor through drills B. Demonstration 1. Fielding a ground ball C. Reading 1. read an article/handout on softball equipment D. Class and group discussions of game situations 1. how to determine a batting lineup. E. Class activities: batting practice F. Skill building exercises 1. set up a three week exercise program to improve throwing. 2. participate in class activities for coordination improvement. G. Class project 1. observe an off-campus slow pitch game.

#### VIII. EVALUATION:

##### A. **Methods**

- 1. Exams/Tests
- 2. Quizzes
- 3. Class Participation
- 4. Class Performance
- 5. Other:
  - a. Methods
    - 1. Student Participation
    - 2. Performance of Proper Technique
    - 3. objective examinations and/or quizzes
      - a. What is the infield fly rule?
      - b. What is the distance between the bases in softball?

**B. Frequency**

1. Frequency
  - a. Daily assessment of participation
  - b. Daily, immediate and continual feedback of students skills and progress
  - c. End of term evaluation.

**IX. TYPICAL TEXTS:**

1. Amateur Softball Association/USA Softball *Official Rules of Softball*., The Amateur Softball Association of American, 0.

**X. OTHER MATERIALS REQUIRED OF STUDENTS:**

- A. Students are to provide their own clothes, appropriate shoes, and may bring own equipment.
- B. The college provides gloves, bases, bats and balls.