

# ATHL A241: FASTPITCH TEAM

| Item                                                                   | Value                                                                           |
|------------------------------------------------------------------------|---------------------------------------------------------------------------------|
| Curriculum Committee Approval Date                                     | 12/04/2024                                                                      |
| Top Code                                                               | 083550 - Intercollegiate Athletics                                              |
| Units                                                                  | 3 Total Units                                                                   |
| Hours                                                                  | 162 Total Hours (Lab Hours 162)                                                 |
| Total Outside of Class Hours                                           | 0                                                                               |
| Course Credit Status                                                   | Credit: Degree Applicable (D)                                                   |
| Material Fee                                                           | No                                                                              |
| Basic Skills                                                           | Not Basic Skills (N)                                                            |
| Repeatable                                                             | Yes; Repeat Limit 3                                                             |
| Open Entry/Open Exit                                                   | No                                                                              |
| Grading Policy                                                         | Standard Letter (S),<br>• Pass/No Pass (B)                                      |
| Associate Arts Local General Education (GE)                            | • Area 7 Life Skills, Lifelong Learning, and Self-Development 7B Activity (OE2) |
| California State University General Education Breadth (CSU GE-Breadth) | • CSU E2 Activity Course (E2)                                                   |

## Course Description

Eligibility auditions will be held during the first week of class. This course may be taken four times. Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

## Course Level Student Learning Outcome(s)

1. Execute proper training techniques needed to improve skills in preparation for effective intercollegiate competition.
2. Demonstrate commitment to excellence, fair play, and personal responsibility through participation in intercollegiate athletics.

## Course Objectives

- 1. Develop and improve skills necessary for intercollegiate athletic competition in fastpitch.
- 2. Improve physical conditioning and development of skills for competition.
- 3. Develop positive attitudes and behavior appropriate to an outstanding athlete.
- 4. Participate and compete effectively as a member of a team in an athletic experience.
- 5. Set personal and team goals for each game and for the season.
- 6. Analyze personal performance on and off the fastpitch field.

## Lecture Content

## Lab Content

To improve and develop skills in all aspects of softball. To improve the knowledge of the game and strategies of softball. Assess the skills

of the athlete and place them at a position where she will have the greatest success both personally and collectively. 1. Become more efficient in the skills of: Defense: a. Fielding the ball b. Throwing the ball c. Cutoffs d. Relays Offense: a. Bunting the ball b. Hitting c. Base running 2. Rules 3. Proper conduct on the field 4. Further develop the skills and become more proficient at the placed position 5. Master the offense and defensive skills 6. Expand on the mental aspect of the game of softball with gained experience as a player

## Method(s) of Instruction

- Lab (04)

## Instructional Techniques

Lecture as a group, small group discussion, individual skills, group skills, and team drills on the field.

## Reading Assignments

Students will spend approximately 1 hour a week reading from instructor handouts or self directed readings related to the topic. NCAA Rule Guide; Articles related to the sport; handouts on sport skills.

## Writing Assignments

Group discussion of assignment, small groups written goals, writing of individual goals at start of second season.

## Out-of-class Assignments

Students will spend approximately 5-10 hours on continued practice of skills necessary for successful participation at the intercollegiate level of the sport; attendance at athletic competitions.

## Demonstration of Critical Thinking

Participation, successful performance, demonstration of softball skills in the game and practice.

## Required Writing, Problem Solving, Skills Demonstration

Group discussion of assignment, small groups written goals, writing of individual goals at start of second season.

## Eligible Disciplines

Physical education: Master's degree in physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education, OR bachelor's degree in any of the above AND master's degree in any life science, dance, physiology, health education, recreation administration, or physical therapy OR the equivalent. Master's degree required.

## Other Resources

1. VCR of practice
2. Computer statistic analysis and comparison of games.
3. Coaching handouts: Mental Preparation, Mental Training.
4. NCAA Fastpitch Guide (revised annually)