



KIN 66 - Softball

Catalog Description

Transfer Status: CSU/UC

Unit(s): 1.50

Activity: 51.00 Contact hours/25.50 Out of class hours/76.50 Total hours/1.50 Unit(s)

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Course Description: This course provides instruction in the fundamental skills of softball, including catching, throwing, batting, and base running. Students will learn about team play and offensive and defensive strategies. Emphasis is placed on skill improvement, team cooperation, and safety procedures. Students will practice skills through game play and structured practice plans.

Objectives

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

1. explain the basic rules, history, and conduct of softball.
2. discuss team cooperation and proper sportsmanship.
3. identify safety hazards and describe prevention methods in softball.
4. demonstrate basic skills such as throwing, hitting, and catching.
5. describe offensive and defensive strategies.

Course Content

Topic Titles / Suggested Time Topic		
	<u>Lecture/Activity</u>	
<u>Topics</u>		<u>Lec Hrs</u> <u>Act Hrs</u>
Orientation and Safety		3.00
Batting Techniques		6.00
Pitching Techniques		6.00
Base Running		6.00
Outfield Play		6.50
Infield Play		6.50
Game Play		17.00
Total Hours:		0.00 51.00

Methods of Instruction

- A. Demonstrations
- B. Discussion
- C. Homework: Students are required to complete one hour of outside-of-class homework for every two hours of activity
- D. Multimedia Presentations
- E. Drill/Practical

Methods of Evaluation

- A. Oral Presentation
- B. Demonstration
- C. Class participation
- D. Written Assignments
- E. Written or Oral Examinations
- F. Practical Evaluations

Examples of Assignments

Reading Assignments

1. Read a minimum of two articles that outline offensive and defensive skills used in softball. Be prepared to demonstrate skills in class.
2. Research an internet article that outlines the history of softball and the impact the sport has had on society. Plan to make a brief presentation in class on your findings.

Writing Assignments

1. Write a brief paper summarizing the responsibilities of each position in softball.

2. Write an essay that reviews and analyzes your last three practice performances.

Out-of-Class Assignments

1. Research potential safety hazards in softball and what can be done to prevent injuries. Plan to discuss your findings in class.
2. View a softball event and report your observations as they address conduct, rules, and techniques.

Recommended Materials of Instruction

Other Learning Materials

Materials will vary depending upon the activity requirements.

Athletic apparel

Athletic shoes or cleats

Minimum Qualifications

Coaching

Physical Education (Masters Required)

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