



El Camino College

COURSE OUTLINE OF RECORD - Official

I. GENERAL COURSE INFORMATION

Subject and Number: Physical Education 239
Descriptive Title: Slow Pitch Softball

Course Disciplines: Physical Education

Division: Health Sciences and Athletics

Catalog Description: This course offers instruction in slow pitch softball, practice, and competitive play suited for students of every skill level. Instruction and demonstration of basic and advanced technical skills, rules of the game, tactics and strategies and situational play will be included. Exercise and training specific to the physical demands of slow pitch softball will be included. Health and safety aspects of the sport will also be discussed. Students successfully completing this course will acquire the skills and knowledge to enjoy slow pitch softball as a lifelong sport.

Conditions of Enrollment: *You have no defined requisites.*

Course Length: Full Term Other (Specify number of weeks):
Hours Lecture: 0 hours per week TBA
Hours Laboratory: 3.00 hours per week TBA
Course Units: 1.00

Grading Method: Letter
Credit Status: Associate Degree Credit

Transfer CSU: Effective Date: Proposed
Transfer UC: Effective Date: Proposed

General Education:
El Camino College: 5 – Health and Physical Education
Term: _____ Other: _____

CSU GE: E - Lifelong Understanding and Self-Development
Term: _____ Other: _____

IGETC: _____

II. OUTCOMES AND OBJECTIVES

A. COURSE STUDENT LEARNING OUTCOMES (The course student learning outcomes are listed below, along with a representative assessment method for

each. Student learning outcomes are not subject to review, revision or approval by the College Curriculum Committee)

1. Student will demonstrate proficiency in fielding of their appropriate position in softball.
2. Student will demonstrate proficiency and accuracy in batting.
3. Student will comprehend and apply the rules of a slow pitch softball game.

The above SLOs were the most recent available SLOs at the time of course review. For the most current SLO statements, visit the El Camino College SLO webpage at <http://www.elcamino.edu/academics/slo/>.

B. Course Student Learning Objectives (The major learning objective for students enrolled in this course are listed below, along with a representative assessment method for each)

1. Demonstrate proper techniques for throwing and catching the softball.
Performance exams
2. Demonstrate defensive techniques for fielding a ground ball, catching a fly ball, the stretch-play, the tag play and relay plays.
Performance exams
3. Demonstrate offensive techniques for batting the softball.
Performance exams
4. Demonstrate offensive base running techniques for running, sliding and the tag-up on fly balls.
Performance exams
5. Demonstrate technique for under-hand pitching of the softball.
Performance exams
6. Understand game tactics and strategies for offensive and defensive play.
Multiple Choice
7. Differentiate between the various positions on the field and the strategy involved in defensive play.
True/False
8. Prepare a specific conditioning program for slow pitch softball to improve play and for injury prevention.
Presentation

III. OUTLINE OF SUBJECT MATTER (Topics are detailed enough to enable a qualified instructor to determine the major areas that should be covered as well as ensure consistency from instructor to instructor and semester to semester.)

Lecture or Lab	Approximate Hours	Topic Number	Major Topic
Lab	5	I	Class orientation A. Health aspects of slow pitch softball B. Introduction to the rules C. Lifelong benefits of slow pitch softball.
Lab	4	II	Throwing and Catching Techniques A. Grip B. Two hands

			C. Foot movement D. Body positioning E. Throwing arm
Lab	4	III	Offensive Techniques A. Batting (stance, stride, swing) B. Batting to use the whole field. C. Batting to move a runner (Hit and run).
Lab	4	IV	Defensive Techniques A. Fielding Ground balls B. Tag play C. Relay play D. Stretch play
Lab	4	V	Base Running Techniques A. Leaving the batter's box B. Properly touching the base C. Correct running form D. Proper turns at each base E. Sliding (straight-in, pop-up, hook slide) F. Tagging up on fly balls
Lab	4	VI	Underhand Pitching
Lab	4	VII	Slow pitch softball conditioning and prevention of injuries
Lab	4	VIII	Tactical and strategic training for offensive and defensive play.
Lab	21	IX	Full-sided coached games
Total Lecture Hours		0	
Total Laboratory Hours		54	
Total Hours		54	

IV. PRIMARY METHOD OF EVALUATION AND SAMPLE ASSIGNMENTS

A. PRIMARY METHOD OF EVALUATION:

Skills demonstrations

B. TYPICAL ASSIGNMENT USING PRIMARY METHOD OF EVALUATION:

Demonstrate and verbally explain the differences between the straight-in slide, the pop-up slide and the hook slide when avoiding the tag.

C. COLLEGE-LEVEL CRITICAL THINKING ASSIGNMENTS:

1. In a game-simulated situation, demonstrate how you would properly field a ground ball given the velocity and angle of the ball to beat an offensive player to

first base with the throw.

2. Describe the techniques and strategies involved in tagging up at third base on both a shallow fly ball and a deep fly ball to the outfield.

D. OTHER TYPICAL ASSESSMENT AND EVALUATION METHODS:

- Performance exams
- Quizzes
- Class Performance
- Completion

V. INSTRUCTIONAL METHODS

- Demonstration
- Discussion
- Group Activities
- Guest Speakers
- Simulation

Note: In compliance with Board Policies 1600 and 3410, Title 5 California Code of Regulations, the Rehabilitation Act of 1973, and Sections 504 and 508 of the Americans with Disabilities Act, instruction delivery shall provide access, full inclusion, and effective communication for students with disabilities.

VI. WORK OUTSIDE OF CLASS

Course is lab only - minimum required hours satisfied by scheduled lab time and estimated student hours outside of class per week is zero.

Estimated Independent Study Hours per Week: 0

VII. TEXTS AND MATERIALS

A. UP-TO-DATE REPRESENTATIVE TEXTBOOKS

Slow Pitch Softball Rules Book. National Intramural - Recreational Sports Association (NIRSA). 2nd Edition ed. Human Kinetics Publishing, 2008.

B. ALTERNATIVE TEXTBOOKS

C. REQUIRED SUPPLEMENTARY READINGS

D. OTHER REQUIRED MATERIALS

VIII. CONDITIONS OF ENROLLMENT

A. Requisites (Course and Non-Course Prerequisites and Corequisites)

Requisites	Category and Justification
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B. Requisite Skills

Requisite Skills

C. Recommended Preparations (Course and Non-Course)

Recommended Preparation	Category and Justification
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D. Recommended Skills

Recommended Skills

E. Enrollment Limitations

Enrollment Limitations and Category	Enrollment Limitations Impact
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Course created by Mary Semaro on 09/01/1974.

BOARD APPROVAL DATE:

LAST BOARD APPROVAL DATE: 11/20/2017

Last Reviewed and/or Revised by Andrew Alvillar on 09/16/2016

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