

Mt. San Jacinto College
Integrated Course Outline of Record

Form B

Submitted by:	Gina Oliver	Date:	03/12/2020
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Department	Subject	Course Number	Title
Physical Education	Physical Education PE	116	Introduction to Softball (formerly Introduction to Athletic Techniques: Softball)

Units/Hours

- Each lecture unit requires 1 hour per week of class time, and 2 hours per week of study outside of class.
- Each laboratory unit requires 3 hours per week of class time.
- Each activity unit requires 2 hours per week of class time and 1 hour per week of study outside of class.

Lab Units	Total Units
1.00	1.00
Lab Contact Hours	Total Contact Hours
48.00 - 54.00	48.00 - 54.00
Lab Homework Hours	
0	

Stand Alone:

Program Applicable

AA/AS Degree General Ed Breadth Area(s):

E HEALTHFUL LIVING AND SELF-DEVELOPMENT

General Education Justification:

PE 116 Introduction to Softball is designed to meet the objectives for Area E (Physical Education and Healthful Living) by preparing students to understand themselves as physical, social, and psychological beings and includes an emphasis on self-development throughout life’s stages. Students will develop and demonstrate sportsmanship and understand the etiquette expected while competing in softball which develops effective communication(GELO2) with other students as well as understanding how these behaviors impact a healthy lifestyle(GELO1). Within the content portion of this course diet and nutrition and exercise routines will be discussed and they will evaluate their own eating and exercise behaviors(GELO3).

Maximum Enrollment:	32
Maximum Enrollment Justification:	Justification:

Grading Method:

Letter Grade or P/NP

TOP code:

0835.00

Can be Taken

1

time(s) for credit (max 4)

- Visual or Performing Arts course that is required to meet major requirements for UC/CSU

- Intercollegiate athletics course

- Academic/vocational competition course

Catalog Description:

(Please do not refer to transferability or degree, certificate, or employment concentration applicability. Please only describe the course).
(75 words or less in gray box below).

This course is an introduction to the fundamentals of softball which will include rules, etiquette, skill development and strategies.

Schedule Description:

(Please do not refer to transferability or degree, certificate, or employment concentration applicability. Please only describe the course).
(25 words or less in gray box below).

This course develops knowledge and execution of rules, skill competencies, and coaching strategies. Improved fitness levels, communication skills and competitive sport philosophy will be reinforced.

Need for the course:

Softball is the number one organized sport played by adults in the U.S. This class will provide transferable units to CSU and UC colleges. Providing this class will diversify the Physical Education program currently offered by MSJC. This course fulfills part of the GE requirement in Area E of Plan A and is also transferable to CSU/UC.

Prerequisite(s):

Prerequisites go through a separate approval process. See Forms E1-E6 for details.
(For further clarification, contact the Prerequisite Subcommittee)

-none-

Corequisite(s):

Corequisites go through a separate approval process. See Forms E1-E6 for details.

-none-

Recommend Preparation:

Recommended Preparation goes through a separate approval process. See Forms E1-E6 for details.

-none-

Other Enrollment Criteria:

-none-

Learning Objectives:

(please number each objective and express in behavioral terms)

Upon the completion of the course the student will be able to do the following:

1. Demonstrate accurate skills and techniques performed in the sport of softball (Hitting, Throwing, Fielding, Catching, Pitching and Baserunning).
2. Express the rules of softball in written form and apply them in a game situation.
3. Develop a proficient skill level in order to participate on the intercollegiate team.
4. Develop strategies, offensively and defensively, which will enable each student to perform competitively as a coach or a player.
5. Develop a fitness level appropriate for competitive intercollegiate softball.
6. Formulate personal and group responsibilities as they relate to a team.

Course Content:

(please number the outline of main topics and subtopics)

This is a lab course.

Lab Content:

(please number the outline of main topics and subtopics)

1. Class Activities
 1. Instructional videos emphasizing the correct techniques of general softball skills.
 2. Fill analysis of individual student softball skills.
 3. Lecture topics include: Rules of the game, proper skill development, physical conditioning, strategies of the game, mental conditioning, healthy choices in nutrition, personal hygiene and social interaction.
 4. Game situations experienced on the field.
2. Physical Conditioning
 1. Stretching for flexibility
 2. Weight training program specific to softball
 3. Cardiorespiratory fitness training
3. Skill Development
 1. Batting
 2. Pitching
 3. Base running
 4. Sliding
 5. Offensive strategies
 6. Defensive strategies

Methods of Instruction:

Methods of instruction may include, but are not limited to the following:

- **Method:** Oral presentation
Integration: Instructor will lecture and provide film and examples of how to perform various physical and mental skills of the game.
- **Method:** Physical demonstration
Integration: Instructor will role-play how to correctly and proficiently execute the standard skills of the sport.
- **Method:** Critique
Integration: Instructor will evaluate live and filmed performance of skills and game scenarios. Then they will compare competencies to desired outcomes. This involves critical thinking and assessment of self and others.
- **Method:** Analysis of drills and play situations
Integration: Instructor will create practice scenarios and live scrimmage situations to develop competency in physical, tactical and technical skills.

Methods of Evaluation:

A student's grade shall be determined by the instructor using multiple measures of performance related to the course objectives. Methods of evaluation may include but are not limited to the following:

- **Method:** Quizzes
Integration: Students will be evaluated on accurate knowledge and correct application of rules, and accurately evaluate game scenarios to demonstrate precise interpretation through critical thinking.
- **Method:** Physical fitness tests
Integration: Students will be measured and evaluated on physical readiness and aptitude with the 5 components of physical fitness: cardio-respiratory endurance through the mile run, muscle strength through 1-repetition maximums, muscle endurance through 1-minute repetition maximums, body composition through bioelectrical impedance, and flexibility through the standard sit and reach test.
- **Method:** Communication and Leadership
Integration: Students will need to demonstrate and implement effective and relevant group communication and leadership skills.
- **Method:** Physical skills tests
Integration: Students must demonstrate precise and swift execution of fundamental skills. Example 1: stopwatch timed throws after transfers from a ground ball or fly ball. Example 2: Timed base-running (singles, doubles, triples) compared to typical fielding transfer times.

Examples of Assignments:

Students will be expected to understand and critique college level texts or the equivalent. Reading and writing, as well as out of class assignments are required. These assignments may include but are not limited to the following:

Assignment #1

Video or live action critique:

1. View a video or watch a recreational slowpitch softball game.
2. Submit a 3 page report including the following:
 - a. Who was playing?
 - b. Where were they playing
 - c. What level of competition
 - d. Names of teams
 - e. How did the teams warm up?
 - 1) What were the differences?
 - f. What were the strengths and weaknesses of each team?
 - g. How did the officials begin the game?
 - 1) Were they good officials?
 - 2) Why or why not?
 - h. What were the winning components of the winning team?
 - i. What were the losing components of the losing team?
 - j. How did the coaches handle themselves throughout and at the end of the match?
 - 1) Was their behavior professional? Why or why not?
 - 2) How could each coach improve?
 - 3) What aspects of the team need to be practiced and implemented?

Assignment #2

Written Assignment

1. Submit a 3 page written paper including the following criteria:
 - a. Select an aspect of softball that interests you.
 - b. Find 3 current sources and include them in your bibliography.
 - c. Reflect on how your topic will improve your understanding of the game.

Textbooks:

- Billy Martin (2019). *2019 BlueBook 60 - The Ultimate Guide to Fastpitch Softball Rules: Featuring NCAA, NFHS, USSSA and USA Softball Rule Sets* Independently published . ISBN: 1792975848

Other Resources:

Minimum Qualification

- Kinesiology (Masters Required) **or**
- Physical Education (Masters Required)