

Mt. San Jacinto College
Integrated Course Outline of Record

Form B

Submitted by:	Gina Oliver	Date:	04/09/2020
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Department	Subject	Course Number	Title
Physical Education Inter-Collegiate	Physical Education Inter-Collegiate PEIC	148B	Off-Season Athletics: Softball (Women)

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 - 3.00	1.00 - 3.00
Lab Contact Hours	Total Contact Hours
48.00 - 162.00	48.00 - 162.00
Lab Homework Hours	
0	

Stand Alone:

Program Applicable

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

-none-

General Education Justification:

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Maximum Enrollment:	32
Maximum Enrollment Justification:	Justification:
Grading Method:	Letter Grade or P/NP
TOP code:	0835.50

Can be Taken	4	time(s) for credit (max 4)
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- ☐
- Visual or Performing Arts course that is required to meet major requirements for UC/CSU
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- ☒
- 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 intended for off-season softball conditioning, including strength training, cardiovascular conditioning, drill techniques, and game play in preparation for intercollegiate softball competition. Students who repeat this course will improve skills and fitness through further instruction and practice.

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 is designed for off-season softball conditioning for intercollegiate athletes. Students will improve skills and fitness through further instruction and practice.

Need for the course:

This course is needed to train our intercollegiate softball athletes in the off-season. Through this course students develop a plan to meet their own health and wellness goals through individualized instruction and directed study by performing advanced conditioning techniques and group activities that develop sport specific skills. This course is an elective in the PE degree.

Prerequisite(s):

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

- Students planning and preparing to compete in Intercollegiate athletics must be healthy enough to pass a physician's examination and complete an interview with the instructor.

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:

- Demonstrate athletic fundamentals necessary for softball competition.
- Practice strategies, techniques, and rules for softball competition.
- Apply principles of strategies in game situations.

- 4. Develop teamwork abilities and display strong communication skills in practice and competition regarding softball rules.
- 5. Know the rules of CCCAA eligibility for intercollegiate competition and transfer.
- 6. Synthesize baseline athletic conditioning techniques to acquire advanced conditioning knowledge, skills, and techniques.
- 7. Produce training exercises at maximum load and intensity in order to assess overall conditioning levels.
- 8. Combine increased conditioning levels with improved softball techniques and strategies to optimize performance.

Course Content:

(please number the outline of main topics and subtopics)

This is a lab course only.

Lab Content:

(please number the outline of main topics and subtopics)

- 1. Introduction
 - 1. Rules and regulations
 - 1. Softball
 - 1. CCCAA eligibility
 - 2. Team Rules
 - 3. Communication
 - 4. Coaching philoophy
 - 5. Safety
 - 2. Strategy Development
 - 1. critique specific game situations
 - 2. critique specific player technique
 - 3. development of new game strategies
 - 2. Assessment of softball skill levels
 - 1. Skills
 - 2. Techniques
 - 3. Conditioning
 - 4. Strength
 - 5. e. Speed
 - 3. Conditioning
 - 4. Drills
 - 1. softball drills and strategies
 - 5. Weight training
 - 1. Circuit training
 - 2. Free weight training
 - c. Cardiovascular training
 - d. Speed training
 - 6. softball competitive play
 - 7. Advanced conditioning
 - 8. Agility training
 - 1. Fast Twitch muscle training
 - a) Stabilization and balancing exercises
 - 2. softball plyometric
 - 1. Jump training
 - 2. Foot pattern exercises
 - 9. Post conditioning assessment and evaluation
- 10. Injury rehabilitation
- 11. Health, Nutrition and Diet

Methods of Instruction:

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

- **Method:** Activity
Integration: Instructor will design and facilitate health and fitness activities to develop player performance.
- **Method:** Discussion
Integration: Instructor will facilitate discussions to review of rules, regulations, CCCAA eligibility, team rules, and safety regulations regarding softball.
- **Method:** Observation and Demonstration
Integration: Instructor will demonstrate and ask students to model communication techniques necessary for live competition in softball.
- **Method:** Individualized Instruction
Integration: Instructor will set up game scenarios with softball strategies for students to practice.
- **Method:** Critique
Integration: Instructor will critique video of training, practices, and competitions for player development.

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 show complete comprehension on objective quizzes assessing knowledge of training methods, techniques, softball terminology and strategies.
- **Method:** Class Participation
Integration: Students will be assessed daily for consistent and accurate tracking of physical training journals and fitness score measurements.
- **Method:** Class Work
Integration: Students will be graded on specific and accurate self-assessment scores of progress and development of training and conditioning improvements as evidenced in the portfolio assignment.
- **Method:** Simulation
Integration: Students will be graded on proper and precise athletic fundamentals necessary for training, practice, and competition. Students must simulate the necessary fundamental techniques needed to become functional in strength, speed, cardiovascular, flexibility, and core training.

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:

1. Off-Season Portfolio:

Directions:

For this assignment, you are to keep accurate records of all aspects of your weight, strength, conditioning, and speed. Your portfolio *must* contain all pre, mid, and post cycle testing of height, weight, vertical jump, Olympic lifts, 40-time, and pro-shuttle time. In addition, your portfolio must contain weekly data spreadsheets monitoring your progress in all aspects of your off-season training development. Your portfolio *should* contain your dietary log including all supplementation. This assignment will be collected at the mid-term and at the end of the semester.

2. Off-Season Video Analysis:

Directions:

For this assignment, watch and analyze video of yourself and assess your technique and work within the softball scheme. Your analysis will be written down in a notebook to monitor your growth and development as an athlete as you progress

through the off-season training. In addition, you will be required to watch video of a competitor and analyze and assess their technical strengths and weaknesses as well as their softball schemes and tendencies. This analysis will also be written down in your notebook for periodic review. This assignment will be collected at the mid-term and at the end of the semester.

Textbooks:

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

Other Resources:

Minimum Qualification

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