

# EASTERN ARIZONA COLLEGE

## Beginning Softball I

Course Design

2018-2019

### Course Information

**Division** Health & Physical Education

**Course Number** HPE 101BD

**Title** Beginning Softball I

**Credits** 1

**Developed by** Kate McCluskey

**Lecture/Lab Ratio** 0 Lecture/2 Lab

### Transfer Status

ASU	NAU	UA
KIN 105, EXW 105	FIT 100	PE Dept. Elective, PE Activity Credit limit of three units

**Activity Course** Yes

**CIP Code** 31.0501

**Assessment Mode** Portfolio

**Semester Taught** Upon Request

**GE Category** AAS degree only

**Separate Lab** No

**Awareness Course** No

**Intensive Writing Course** No

**Diversity and Inclusion Course** No

### Prerequisite

None

### Educational Value

Assists students in the development and maintenance of physical fitness and provides an opportunity to increase their skills and knowledge in softball with the option of moving into an advanced level of the game.

### Description

Designed to teach the fundamentals of the game of softball including rules, hitting, throwing, catching, and fielding.

## **Supplies**

Glove

Respectable attire

Cleats

Knee Pads

## **Competencies and Performance Standards**

### **1. Improve motor skills.**

#### **Learning objectives**

*What you will learn as you master the competency:*

- a. Discuss the importance of improving motor skills.

#### **Performance Standards**

*Competence will be demonstrated:*

- o by demonstrating for the instructor

*Criteria - Performance will be satisfactory when:*

- o learner explains and practices improving motor skills

### **2. Increase reflexive reaction.**

#### **Learning objectives**

*What you will learn as you master the competency:*

- a. Explain reflexive reaction.

#### **Performance Standards**

*Competence will be demonstrated:*

- o by participating in skills test for the instructor

*Criteria - Performance will be satisfactory when:*

- o learner demonstrates reflexive reaction in skills test

### **3. Balance mind and body.**

#### **Learning objectives**

*What you will learn as you master the competency:*

- a. Explain the benefits of a balance mind and body.

#### **Performance Standards**

*Competence will be demonstrated:*

- o by successful completion of skills test

*Criteria - Performance will be satisfactory when:*

- o learner explains the benefits of balance of mind and body

### **4. Acquire general physical fitness.**

#### **Learning objectives**

*What you will learn as you master the competency:*

- a. Participate in various skills and fitness tests.

**Performance Standards**

*Criteria - Performance will be satisfactory when:*

- o by a change in skills and fitness levels from the beginning to the end of the course

*Criteria - Performance will be satisfactory when:*

- o learner completes various skills and fitness tests

**5. Enhance softball skills.**

**Learning objectives**

*What you will learn as you master the competency:*

- a. Discuss the rules of the game and the skills necessary to play, which include hitting, throwing, and catching.

**Performance Standards**

*Competence will be demonstrated:*

- o by successful completion of various softball skills tests

*Criteria - Performance will be satisfactory when:*

- o learner explains the rules of the game and the skills necessary to play, which include hitting, throwing, and catching

**6. Participate in a semi-competitive individual and team atmosphere.**

**Learning objectives**

*What you will learn as you master the competency:*

- a. Participate in a game or scrimmage.

**Performance Standards**

*Competence will be demonstrated:*

- o by completing a minimum of one game-scrimmage

*Criteria - Performance will be satisfactory when:*

- o learner participates in a game or scrimmage

**Types of Instruction**

Discussion

Practical Applications

**Grading Information**

**Grading Rationale**

- 1. Attendance 80%
- 2. Pre-Skills Test 5%
- 3. Post-Skills Test 5%
- 4. Portfolio 10%

**Grading Scale**

A	90% or above
B	80-89%
C	70-79%
D	60-69%
F	59% or below