

EASTERN ARIZONA COLLEGE

Beginning Softball II

Course Design
2018-2019

Course Information

Division Health & Physical Education
Course Number HPE 102BD
Title Beginning Softball II
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
HPE 101BD

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 skill

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