

# EASTERN ARIZONA COLLEGE

## Theory and Practice of Softball

Course Design  
2018-2019

### Course Information

**Division** Health & Physical Education  
**Course Number** HPE 167  
**Title** Theory and Practice of Softball  
**Credits** 2  
**Developed by** Kate McCluskey  
**Lecture/Lab Ratio** 2 Lecture/0 Lab  
**Transfer Status**

ASU	NAU	UA
Elective Credit	Elective Credit	PE Dept Elective

**Activity Course** Yes  
**CIP Code** 13.1314  
**Assessment Mode** Pre/Post Test (20 Questions/20 Points)  
**Semester Taught** Fall  
**GE Category** AAS degree only  
**Separate Lab** No  
**Awareness Course** No  
**Intensive Writing Course** No  
**Diversity and Inclusion Course** No

### Prerequisites

None

### Educational Value

Students interested in coaching or learning more about the techniques of softball.

### Description

A study of the fundamental techniques of team play and strategy stressing rules, coaching principles, and organizational methods.

### Supplies

None

## **Competencies and Performance Standards**

### **1. Acquaint self with the fundamentals of the game needed to improve game performance and compete successfully.**

#### **Learning objectives**

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

- a. Discuss fundamentals of the sport including fielding, pitching, base running, throwing, catching, and hitting.
- b. Discuss the history and philosophy of the sport.

#### **Performance Standards**

*Competence will be demonstrated:*

- o in successfully completing exams and post-test

*Criteria - Performance will be satisfactory when:*

- o learner explains fundamentals of the sport including fielding, pitching, base running, throwing, catching, and hitting
- o learner explains the history and philosophy of the sport

### **2. Acquire techniques involved in pitching, batting, base running, and fielding.**

#### **Learning objectives**

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

- a. Discuss and practice the techniques of pitching, hitting, base running, and fielding.

#### **Performance Standards**

*Competence will be demonstrated:*

- o by successfully completing exams and post-tests

*Criteria - Performance will be satisfactory when:*

- o learner identifies the techniques of pitching, hitting, base running, and fielding

### **3. Acquire knowledge of rules governing the game allowing for game understanding and good sportsmanship.**

#### **Learning objectives**

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

- a. Discuss the rules and the theoretical considerations of the sport.

#### **Performance Standards**

*Competence will be demonstrated:*

- o by successfully completing exams and post-test
- o by successfully competing in a baseball game

*Criteria - Performance will be satisfactory when:*

- o learner explains the rules and the theoretical considerations of the sport

### **4. Acquire and apply team strategy of the game needed to improve performance of team play.**

#### **Learning objectives**

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

- a. Discuss team strategy involved with the sport.

- b. Analyze team strategies involved with the sport.
- c. Discuss team strategy in a game like situation.

**Performance Standards**

*Competence will be demonstrated:*

- o by successfully passing exams and post-test

*Criteria - Performance will be satisfactory when:*

- o learner explains team strategy involved with the sport
- o learner studies team strategies involved with the sport
- o learner relates team strategy in a game like situation

**5. Attain and practice basic coaching principles and organizational methods useful for future involvement in the game.**

**Learning objectives**

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

- a. Discuss administrative skills involved with coaching.
- b. Identify organizational skills involved with coaching.

**Performance Standards**

*Competence will be demonstrated:*

- o by successfully completing exams and post-test

*Criteria - Performance will be satisfactory when:*

- o learner explains and practices administrative skills involved with coaching
- o learner explains and practices organizational skills involved with coaching

**Types of Instruction**

Lecture/Discussion/Demonstration

Practical Applications

**Grading Information**

**Grading Rationale**

Weights given to quizzes, exams, and other methods of evaluation are as follows:

- 1. Attendance 60%
- 2. Rules Quiz 10%
- 3. Skills Quiz 10%
- 4. Post Test 10%
- 5. Portfolio 10%

**Grading Scale**

- A 90%-100%
- B 80%-89%
- C 70%-79%
- D 60%-69%
- F Below 60%