

EASTERN ARIZONA COLLEGE

Advanced Softball I

Course Design

2018-2019

Course Information

Division Health & Physical Education

Course Number HPE 201BD

Title Advanced 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

HPE 102BD

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 |