# EASTERN ARIZONA COLLEGE
## Beginning Softball I
### Course Design
#### 2011-2012

**Course Information**

<table>
<thead>
<tr>
<th>Division</th>
<th>Health &amp; Physical Education</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Course Number</strong></td>
<td>HPE 101BD</td>
</tr>
<tr>
<td><strong>Title</strong></td>
<td>Beginning Softball I</td>
</tr>
<tr>
<td><strong>Credits</strong></td>
<td>1</td>
</tr>
<tr>
<td><strong>Developed by</strong></td>
<td>Kate McCluskey</td>
</tr>
<tr>
<td><strong>Lecture/Lab Ratio</strong></td>
<td>0 Lecture/2 Lab</td>
</tr>
<tr>
<td><strong>Transfer Status</strong></td>
<td>Pending Evaluation</td>
</tr>
<tr>
<td><strong>Activity Course</strong></td>
<td>Yes</td>
</tr>
<tr>
<td><strong>CIP Code</strong></td>
<td>31.0501</td>
</tr>
<tr>
<td><strong>Assessment Mode</strong></td>
<td>Portfolio</td>
</tr>
<tr>
<td><strong>Semester Taught</strong></td>
<td>Upon Request</td>
</tr>
<tr>
<td><strong>GE Category</strong></td>
<td>AAS degree only</td>
</tr>
<tr>
<td><strong>Separate Lab</strong></td>
<td>No</td>
</tr>
<tr>
<td><strong>Awareness Course</strong></td>
<td>No</td>
</tr>
<tr>
<td><strong>Intensive Writing Course</strong></td>
<td>No</td>
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</tbody>
</table>

**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.**
   
   **Performance Standards**
   
   **Competence will be demonstrated:**
   
   - demonstration for the instructor.
   
   **Performance will be satisfactory when:**
   
   - learner increases and improves motor skills.

2. **Increase reflexive reaction.**
   
   **Performance Standards**
   
   **Competence will be demonstrated:**
   
   - demonstration of skills test for the instructor.
   
   **Performance will be satisfactory when:**
   
   - learner will show and increase in reflexive reaction in skills test.

3. **Balance mind and body.**
   
   **Performance Standards**
   
   **Competence will be demonstrated:**
   
   - by successful completion of skills test.
   
   **Performance will be satisfactory when:**
   
   - learner demonstrates an understanding of balance of mind and body.

4. **Acquire general physical fitness.**
   
   **Performance Standards**
   
   **Competence will be demonstrated:**
   
   - by a change in skills and fitness levels from the beginning to the end of the course.
   
   **Performance will be satisfactory when:**
   
   - learner is able to complete various skills and fitness tests.

5. **Enhance softball skills.**
   
   **Performance Standards**
   
   **Competence will be demonstrated:**
   
   - by successful completion of various softball skills tests.
   
   **Performance will be satisfactory when:**
   
   - learner demonstrates an understanding of 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.**
   
   **Performance Standards**
   
   **Competence will be demonstrated:**
   
   - at the completion of a minimum of one game-scrimmage.
Performance will be satisfactory when:

- 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%