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

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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

   **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:**
- by successfully passing exams and post-test

**Criteria** - **Performance will be satisfactory when:**
- learner explains team strategy involved with the sport
- learner studies team strategies involved with the sport
- 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**

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

**Performance Standards**

**Competence will be demonstrated:**
- by successfully completing exams and post-test

**Criteria** - **Performance will be satisfactory when:**
- learner explains and practices administrative skills involved with coaching
- 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%