Theory and Practice of Softball
Course Design
2007-2008

Course Information

Organization: Eastern Arizona College
Division: Health & Physical Education
Course Number: HPE 167
Title: Theory and Practice of Softball
Credits: 2
Developed by: Kate McCluskey
Lecture/Lab Ratio: 0 Lecture/4 Lab
Transfer Status: ASU: KIN291, NAU: E, UofA: DEC(PE)
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

Prerequisites
None

Educational Value
To General Education: An elective credit
To Major/Program: Enhance knowledge of team sport
Other: Develop a lifetime skill

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. Students will understand the history and philosophy of the sport.
   b. Students will learn the basic fundamentals of the sport including: fielding, pitching, base running, throwing, catching, and hitting.

   **Performance Standards**
   Competence will be demonstrated:
   o Successful completion of exams and post-test
   Performance will be satisfactory when:
   o learner learns the basic fundamentals of the sport including: fielding, pitching, base running, throwing, catching, and hitting.
   o learner understands 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. Students will learn and practice the techniques of pitching, hitting, base running, and fielding.

   **Performance Standards**
   Competence will be demonstrated:
   o successfully completes exams and post-tests
   Performance will be satisfactory when:
   o learner understands 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. Students will understand and demonstrate knowledge of rules and the theoretical considerations of the sport.

   **Performance Standards**
   Competence will be demonstrated:
   o successfully completes exams and post-test
   o successfully competes in a softball game
   Performance will be satisfactory when:
   o learner understands and demonstrates knowledge of 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. Students will study team strategies involved with the sport.

b. Students will understand and develop a team strategy involved with the sport.

c. Students will apply their team strategy in a game like situation.

**Performance Standards**

Competence will be demonstrated:

- successfully passes exams and post-test

Performance will be satisfactory when:

- learner understands and develops a team strategy involved with the sport.

- learner studies team strategies involved with the sport.

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. Students will understand and practice organizational skills involved with coaching.

b. Students will understand and practice administrative skills involved with coaching.

**Performance Standards**

Competence will be demonstrated:

- successfully completes exams and post-test

Performance will be satisfactory when:

- learner understands and practices administrative skills involved with coaching.

- learner understands 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 Information**

*Grading Scale*

A   90% or higher
B   80%-89%
C   70%-79%
D   60%-69%
F   59% or below