

# Fond du Lac Tribal and Community College

## COURSE OUTLINE

Date submitted: \_\_\_\_\_ Date approved: \_\_\_\_\_

Department and Course Number: PE 1018

Title of Course: Softball

Number of credits:      Lecture                      Lab      1

### Catalog/Course Description:

Basic skills of throwing, batting, base running, limited game strategy as used in the sport of softball. For the beginner and the experienced player. (Student provides glove).

### **Placement for Success prerequisites:** (See instruction sheet)

Reading:    Level 1                      English/Writing:                      Math:

Recommended course materials and resources, e.g. textbooks, workbooks, study guides, lab manuals, videos, guest lecturers. If applicable.

Students are expected to attend all lectures and working sessions, participate in all activities and discussion, listen to and follow directions, complete assignments on time, and request assistance when needed. Students are expected to assist with equipment when necessary. Attendance and class participation are critical in this class. Student provides own equipment.

### Special Information:

This class is intended for students of all ages and abilities. Any individuals who have not participated in physical activities are advised to consult a physician before participating. Any history of disease or disability requiring limited participation should be reported to the instructor.

Activity classes even under the safest possible conditions can be hazardous. Safety rules must be followed to minimize the risk of injury.

### Textbook:

Softball; Craig, S. and K. Johnson. Wm C. Brown Pub., 1997

Relationship of proposed course to the department mission and goals:

This course develops skills in a team sport of softball. It meets the department mission by providing instruction in a lifetime physical activity. It meets the College Goal of wellness.

Wellness is the recognition and incorporation of healthy behaviors into one's lifestyle. The department of PE recognizes the value of participation in fitness and recreational activities as one of many important behaviors for the development of a wellness lifestyle. This course may contribute to your implementation of appropriate wellness behaviors.

Course goals:

Goal: To develop abilities (physical, cognitive, fitness, affective) necessary to participate in lifetime team sport-softball.

Goal: To acquire a positive attitude toward physical activity and the knowledge and skills to develop and maintain an appropriate fitness level.

Learning outcomes: (A minimum of one learning outcome shall be provided for each course goal)

State a minimum of two assessment instruments for each learning outcome.

Outcome: To identify and appropriately use terminology, rules, etiquette and safety during play.

Assessment: Written exam

Assessment: Self assessment

Outcome: To demonstrate during play the ability to execute:

- Field a ground ball
- Field a fly ball
- Throw overhand
- Throw underhand
- Hit an underhand pitched ball
- Catch a thrown ball
- Pitch a ball underhand

Assessment: Self-assessment

Assessment: AAHPERD skills tests

Assessment: Game play in class

Outcome: To score a game

Assessment: Written exam

Assessment: Self appraisal

Outcome: To implement during game play strategies of:

- Bases loaded-no outs
- First batter of inning

-2 outs no one on base

Assessment: Self-assessment (performance check-off)

Assessment: Written exam

Outcome: To demonstrate the ability and skills necessary to play during a game the following:

-Infield base positions

-Outfield positions

Assessment: Self assessment

Assessment: Performance check off

Assessment: Game play-instructor evaluation

Course content:

(Provide an outline of major topics covered in course)

-Proper throwing technique

-Proper hitting fundamentals

-Base running

-Catching

-Pitching

-Outfield play

-Infield play

-Rule

-Terminology

-Scoring

-Safety procedures

Placement for Success prerequisite

Check one of each area--English, reading, and math

Prerequisite	X
English level 1	
English level 2	
no English prerequisite	X
Reading level 1	X
Reading level 2	
Reading level 3	
no Reading prerequisite	
Math level 1	
Math level 2	
Math level 3	
Math level 4	
no Math prerequisite	X