

ICA R180: INTERCOLLEGIATE SOFTBALL-WOMEN

Originator

jcrawford1

College

Oxnard College

Discipline (CB01A)

ICA - Intercollegiate Athletics

Course Number (CB01B)

R180

Course Title (CB02)

Intercollegiate Softball-Women

Banner/Short Title

Inter/Softball-Women

Credit Type

Credit

Start Term

Fall 2021

Catalog Course Description

This course provides student-athletes with the opportunity to develop advanced skills and the strategies in intercollegiate women's softball which will be applied to competitive situations. Student-athletes engaged in intercollegiate women's softball should expect to compete against other institutions, travel, and put in additional hours beyond the normal activity load. Limitations: Must have permission by instructor for enrollment. Course may be taken four times. Course is offered Pass/No Pass (P/NP) at student's option.

Taxonomy of Programs (TOP) Code (CB03)

0835.50 - Intercollegiate Athletics

Course Credit Status (CB04)

D (Credit - Degree Applicable)

Course Transfer Status (CB05) (select one only)

A (Transferable to both UC and CSU)

Course Basic Skills Status (CB08)

N - The Course is Not a Basic Skills Course

SAM Priority Code (CB09)

E - Non-Occupational

Course Cooperative Work Experience Education Status (CB10)

N - Is Not Part of a Cooperative Work Experience Education Program

Course Classification Status (CB11)

Y - Credit Course

Educational Assistance Class Instruction (Approved Special Class) (CB13)

N - The Course is Not an Approved Special Class

Course Prior to Transfer Level (CB21)

Y - Not Applicable

Course Noncredit Category (CB22)

Y - Credit Course

Funding Agency Category (CB23)

Y - Not Applicable (Funding Not Used)

Course Program Status (CB24)

1 - Program Applicable

General Education Status (CB25)

Y - Not Applicable

Support Course Status (CB26)

N - Course is not a support course

Field trips

Will be required

Grading method

Letter Graded

Alternate grading methods

Student Option- Letter/Pass
Pass/No Pass Grading

Does this course require an instructional materials fee?

No

Repeatable for Credit

Yes

Number of times a student may enroll in this course

4

Maximum units a student may earn in this course

3

Specify the Title 5 justification for repeatability

Intercollegiate athletics

Justification for Repeatability

Intercollegiate athletics

Is this course part of a family?

No

Units and Hours

Carnegie Unit Override

No

In-Class

Lecture

Activity

Laboratory

Minimum Contact/In-Class Laboratory Hours

175

Maximum Contact/In-Class Laboratory Hours

175

Total in-Class**Total in-Class****Total Minimum Contact/In-Class Hours**

175

Total Maximum Contact/In-Class Hours

175

Outside-of-Class**Internship/Cooperative Work Experience**

Paid

Unpaid

Total Outside-of-Class

Total Outside-of-Class

Total Student Learning**Total Student Learning****Total Minimum Student Learning Hours**

175

Total Maximum Student Learning Hours

175

Minimum Units (CB07)

3

Maximum Units (CB06)

3

Student Learning Outcomes (CSLOs)**Upon satisfactory completion of the course, students will be able to:**

1	Students will promote the team through extracurricular campus involvement and/or fundraising
2	Students will complete 12 units and earn a 2.0 GPA or greater
3	Students will employ the different techniques, strategies and goal setting necessary for success in practice and competition
4	Students will demonstrate advanced ability both offensively and at their position

Course Objectives**Upon satisfactory completion of the course, students will be able to:**

1	Repeat the origin and history of softball
2	Describe the rules and scoring system in softball
3	Explain the importance of developing body conditioning for softball
4	Express proper sportsmanship in softball
5	Practice warm-up techniques necessary to prevent injuries
6	Throw, catch, hit, and pitch proficiently
7	Apply fielding techniques
8	Employ base running skills
9	Illustrate game playing skills
10	Develop cohesiveness and teamwork
11	Describe safety rules, etiquette, and strategy in practice and in competitive situations
12	Express a competitive spirit and self-discipline through softball

Course Content

Lecture/Course Content

See Lab Content

Laboratory or Activity Content

1. Orientation
 - a. Determining eligibility
 - b. Issuing equipment
2. Pre-test of student's skill
 - a. Throwing
 - b. Hitting
 - c. Fielding
3. Practice time
 - a. Basic conditioning/warm-up/warm down
 - b. Review and perform catching and defensive drills
 - c. Introduce hitting (will also utilize hitting machine)
 - d. Game play (hitting machine)
 - e. Pitching techniques and defensive drills
 - f. Game play with live pitching
 - g. Catching and defensive drills
 - h. Throwing and base running
 - i. Bunting
 - j. Review and practice offensive skills
 - k. Review and practice defensive skills with drills
 - l. Tournament play
 - m. Team play in game situations
4. Strategy
 - a. Start game situations
 - b. Introduce infield/outfield chalk talk
 - c. Individual and team skills and strategy in fielding, batting, positioning
 - d. Actual competitive situations home and away applying what the students have learned during practice time
5. Base running Position play-infield/outfield, game strategy
 - a. Run bases
 - b. Game situation drills
6. Scorekeeping and rules
7. Post test
 - a. Drills in various skills
 - b. Test in various skills

Methods of Evaluation

Which of these methods will students use to demonstrate proficiency in the subject matter of this course? (Check all that apply):

Skills demonstrations

Methods of Evaluation may include, but are not limited to, the following typical classroom assessment techniques/required assignments (check as many as are deemed appropriate):

Journals

Other (specify)

Performances

Skills demonstrations

Skill tests

Other

Participate in practice and competition

Instructional Methodology

Specify the methods of instruction that may be employed in this course

Class discussions

Distance Education

Demonstrations
Field trips
Guest speakers

Describe specific examples of the methods the instructor will use:

- A. Lectures of softball skills and techniques will be provided for eventual emulation by the students.
- B. Multimedia presentations, which demonstrate batting, hitting, catching, and throwing techniques
- C. Drills designed to improve softball skills for athletes
- D. Group discussions by the instructor or guest lecturer on softball topics.
- E. Video analysis of softball mechanics, practice, and inter-squad scrimmage.

Representative Course Assignments

Writing Assignments

1. Journaling-athletes will record training techniques, outcomes, and nutritional information

Reading Assignments

1. Textbook and handouts
2. Softball current events and news

Other assignments (if applicable)

1. Attendance and participation in practice and softball competitions
2. Video analysis of competition and practice

Outside Assignments

Articulation

Comparable Courses within the VCCCD

ICA M25A - Intercollegiate Softball-Women

ICA V14 - Intercollegiate Softball: Women

District General Education

A. Natural Sciences

B. Social and Behavioral Sciences

C. Humanities

D. Language and Rationality

E. Health and Physical Education/Kinesiology

F. Ethnic Studies/Gender Studies

CSU GE-Breadth

Area A: English Language Communication and Critical Thinking

Area B: Scientific Inquiry and Quantitative Reasoning

Area C: Arts and Humanities

Area D: Social Sciences

Area E: Lifelong Learning and Self-Development

CSU Graduation Requirement in U.S. History, Constitution and American Ideals:

IGETC

Area 1: English Communication

Area 2A: Mathematical Concepts & Quantitative Reasoning

Area 3: Arts and Humanities

Area 4: Social and Behavioral Sciences

Area 5: Physical and Biological Sciences

Area 6: Languages Other than English (LOTE)

Textbooks and Lab Manuals

Resource Type

Textbook

Description

Dr. Ken Ravizza, Dr. Tom Hanson, (2016). *Heads-Up Baseball 2.0: 5 Skills for Competing One Pitch at a Time*. Hanson House, Heads-Up Performance, Inc. ISBN: 978-0-578-18746-4

Resource Type

Other Resource Type

Description

1. Handbook by instructors, such as individual workout programs or nutritional information. 2. Videos, DVD's, study of professional athletes.

Distance Education Addendum

Definitions

Distance Education Modalities

Hybrid (51%–99% online)

Hybrid (1%–50% online)

100% online

Faculty Certifications

Faculty assigned to teach Hybrid or Fully Online sections of this course will receive training in how to satisfy the Federal and state regulations governing regular effective/substantive contact for distance education. The training will include common elements in the district-supported learning management system (LMS), online teaching methods, regular effective/substantive contact, and best practices.

Yes

Faculty assigned to teach Hybrid or Fully Online sections of this course will meet with the EAC Alternate Media Specialist to ensure that the course content meets the required Federal and state accessibility standards for access by students with disabilities. Common areas for discussion include accessibility of PDF files, images, captioning of videos, Power Point presentations, math and scientific notation, and ensuring the use of style mark-up in Word documents.

Yes

Regular Effective/Substantive Contact

Hybrid (1%–50% online) Modality:

Method of Instruction	Document typical activities or assignments for each method of instruction
Asynchronous Dialog (e.g., discussion board)	The coaching staff and students will share ideas to improve as individuals and as a team.
Face to Face (by student request; cannot be required)	Instructor-led physical rehearsal of skills and strategy throughout the class period.

Hybrid (51%–99% online) Modality:

Method of Instruction	Document typical activities or assignments for each method of instruction
Asynchronous Dialog (e.g., discussion board)	The coaching staff and students will share ideas to improve as individuals and as a team.
Synchronous Dialog (e.g., online chat)	Instructor can outline weekly practice expectations and strategy for competition.
Face to Face (by student request; cannot be required)	Instructor-led physical rehearsal of skills and strategy throughout the class period.

100% online Modality:

Method of Instruction	Document typical activities or assignments for each method of instruction
Asynchronous Dialog (e.g., discussion board)	The coaching staff and students will share ideas to improve as individuals and as a team.
Synchronous Dialog (e.g., online chat)	Instructor can outline weekly practice expectations and strategy for competition.
Video Conferencing	The use of video analysis software to develop improvements of softball skills and promote the student athlete at the next level.
Other DE (e.g., recorded lectures)	Instructor-led videos of physical rehearsal of skills and strategy.

Examinations

Hybrid (1%–50% online) Modality

On campus

Hybrid (51%–99% online) Modality

On campus

Primary Minimum Qualification

COACHING

Review and Approval Dates

Department Chair

08/20/2020

Dean

08/20/2020

Technical Review

08/26/2020

Curriculum Committee

08/26/2020

Curriculum Committee

10/28/2020

CCCCO

MM/DD/YYYY

Control Number

CCC000439844

DOE/accreditation approval date

MM/DD/YYYY