

ICA R182: CONDITIONING FOR WOMEN'S SOFTBALL

Originator

jcrawford1

College

Oxnard College

Discipline (CB01A)

ICA - Intercollegiate Athletics

Course Number (CB01B)

R182

Course Title (CB02)

Conditioning for Women's Softball

Banner/Short Title

Cond for Women's Softball

Credit Type

Credit

Start Term

Fall 2021

Catalog Course Description

The topics covered in this course provide students with the opportunity to develop advanced strengthening, conditioning, nutritional, and strategic plans for intercollegiate women's softball. Athletes that participate in intercollegiate athletics need additional preparation to ensure optimal opportunity to excel at their highest level. 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

May 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

2

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

26.25

Maximum Contact/In-Class Laboratory Hours

105

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

26.25

Total Maximum Contact/In-Class Hours

105

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**

26.25

Total Maximum Student Learning Hours

105

Minimum Units (CB07)

.5

Maximum Units (CB06)

2

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

- | | |
|---|--|
| 1 | Demonstrate the proper techniques of a specific movement related to women's softball |
| 2 | Identify levels of cardiovascular fitness, muscular strength and endurance, and flexibility necessary for women's softball |

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

- | | |
|---|--|
| 1 | Identify levels of cardiovascular fitness, muscular strength and endurance, and flexibility necessary for women's softball. |
| 2 | Demonstrate softball specific movement patterns to improve identified weaknesses. |
| 3 | Apply principles in order to achieve cardiovascular fitness, muscular strength and endurance, and flexibility for injury prevention when playing softball. |
| 4 | Identify target heart rate, maximum heart rate, and recovery heart rate. |
| 5 | Demonstrate the ability to perform the skills, techniques, and strategies of women's softball with a high degree of proficiency. |

Course Content**Lecture/Course Content**

See Lab Content

Laboratory or Activity Content

1. Orientation
2. Skills

- a. Warm-up
 - b. Stretching and flexibility: static vs. ballistic
 - c. Developmental progression
 - d. Demonstration
 - e. Practice
 - f. Warm-down
3. Knowledge of Conditioning Techniques
- a. Develop workout routine
 - b. Develop reasonable short and long range goals
 - c. Record keeping
4. Cardiovascular Fitness
- a. Cardiovascular fitness for specific sports: aerobic and anaerobic
 - b. Reasonable short-and long-range goals
 - c. Warm up
 - d. Intensity
 - e. Duration
 - f. Record keeping
5. Nutrition
- a. Off-season recommendations
 - b. In-season recommendations
 - c. Pre-game meals
 - d. Water intake
6. Biomechanics
- a. Swing
 - b. Pitching
 - c. Footwork
7. Proper Clothing and Equipment

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)

Skills demonstrations

Skill tests

Other

Students may analyze film of practice and contests

Instructional Methodology

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

Class activities

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. Students will keep conditioning and nutritional journals

Reading Assignments

1. Students will read articles from textbook and handouts

Other assignments (if applicable)

1. Students will spend an additional two hours a week practicing softball skills
2. Write a conditioning program to enhance strength and endurance for specific skills

Outside Assignments

Representative Outside Assignments

1. Students will spend an additional two hours a week practicing softball skills.

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

David McCorkle, Brian Cain (2016). *Mental Conditioning for Softball: Competing One Pitch at a Time*. CreateSpace Publishing. ISBN: 9781533126467

Resource Type

Other Resource Type

Description

Handouts by instructors, such as individual workout programs or nutritional information..

Resource Type

Other Instructional Materials

Description

Students must have softball cleats, glove, and appropriate clothing for softball..

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

8/26/2020

Curriculum Committee

8/26/2020

Curriculum Committee

10/28/2020

CCCCO

MM/DD/YYYY

Control Number

CCC000524420

DOE/accreditation approval date

MM/DD/YYYY