

Course discipline/number/title: PHED 1114: Softball

A. CATALOG DESCRIPTION

1. Credits: 1
2. Hours/Week: 2
3. Prerequisites (Course discipline/number): None
4. MnTC Goals (if any): NA

This is an activity class designed to offer instructions on specific skill development, playing strategy, scoring, and rules application to the game of recreational slow pitch softball.

B. DATE LAST REVISED (Month, year): November, 2017

C. OUTLINE OF MAJOR CONTENT AREAS:

1. Fundamental skill instruction in throwing/catching, fielding, hitting and base running
2. Instruction in slow-pitch pitching mechanics and strategy
3. Game situation strategy as a player and coach
4. Scoring regulations
5. Opportunities at recreational, intramural and amateur levels of competition

D. LEARNING OUTCOMES (GENERAL): The student will be able to:

1. Demonstrate proper technique for throwing/catching, fielding, hitting and pitching slow pitch.
2. Discuss and apply strategies of the slow-pitch game as it relates to place hitting, pitching and base running.
3. Apply the rules of slow pitch softball to game play and apply strategies for specific game situations.
4. Explain the process of selecting appropriate equipment for each individual.
5. Explain the importance of player and team communication in competitive situations.
6. Demonstrate warm-up techniques specific to the sport of softball to avoid injuries.
7. Appreciate and discuss the social aspect of friendly competition and of being part of a team.

E. LEARNING OUTCOMES (MNTC): NA

F. METHODS FOR EVALUATION OF STUDENT LEARNING:

Methods may include but are not limited to:

1. Participation
2. Practical Skill Testing
3. Written Assignments
4. Quizzes and Exams

G. RCTC CORE OUTCOME(S). This course contributes to meeting the following RCTC Core Outcome(s):
Critical Thinking. Students will think systematically and explore information thoroughly before accepting or formulating a position or conclusion.

H. SPECIAL INFORMATION (if any): None