

# KIN 134: SOFTBALL

## Citrus College Course Outline of Record

Heading	Value
Effective Term:	Fall 2023
Credits:	1
Total Contact Hours:	36
Lecture Hours :	18
Lab Hours:	18
Hours Arranged:	0
Outside of Class Hours:	36
Strongly Recommended:	ENGL 101.
District General Education:	E3. Kinesiology Activity
Transferable to CSU:	Yes
Transferable to UC:	Yes - Approved
Grading Method:	Standard Letter, Pass/No Pass

## Catalog Course Description

Instruction in the basic skills and techniques of play in softball. Students will be required to understand the statistical aspect of the game. Course will improve proficiency in skills by repetition and supervised instruction. 18 lecture hours, 18 lab hours.

## Course Objectives

- demonstrate the ability to catch, throw and bat the softball
- display a working knowledge of the rules and the understanding of game terminology
- display a working knowledge of official score keeping duties needed during a competitive softball contest

## Major Course Content

1. Knowledge of the Rules
2. Understanding Terminology
3. Development of Fitness Components for Softball
4. Introduction to the Movements of the Swing and Throw
5. Offensive Strategy
6. Defensive Strategy
7. Knowledge of Softball Positions
8. Official Scoring
9. Mental Preparation
10. Competition

## Lab Content

1. Development of Fitness Components
  - a. Flexibility
  - b. Muscular Strength
  - c. Muscular Endurance
  - d. Body Composition ( Lean Mass/ Body Fat)
  - e. Cardiovascular Endurance
2. Introduction to the Biokinetic Movements of the Swing and Throw

- a. Swing
    - i. Natural progression from the ground upward
    - ii. Toe, Heel, Knee, Bottom Hand, Top Hand, Shoulders
  - b. Throw
    - i. Rotational Preparation to Directional Movement
    - ii. Alignment, Coil, Separation of Hands, Stride, Release, Follow Through
3. Offensive Strategies
    - a. Hitting Plan
    - b. Bunting Situations
    - c. Base Running
    - d. Base Stealing
    - e. Slapping
    - f. Hit and Run
  4. Defensive Strategies
    - a. Fielding Ground Balls
    - b. Reading Fly Balls
    - c. Bunt Coverage
    - d. Double Play Pivot
    - e. First and Third Situations
    - f. Hitting the Cut-Off
    - g. Blocking The Base
    - h. Crow-Hop Throw
  5. Knowledge of Softball Positions
    - a. Infield
    - b. Outfield
    - c. Pitching
    - d. Catching
  6. Skill Related Fitness Components
    - a. Agility
    - b. Balance
    - c. Coordination
    - d. Power
    - e. Speed
    - f. Reaction Time
  7. Official Scoring
    - a. Batting Average
    - b. Sacrifice
    - c. Assists
    - d. Putt-Outs
    - e. Errors
    - f. Extra Base Hits
    - g. Earned Run Average
    - h. Extra Base Hits
  8. Mental Preparation
    - a. Relaxation and Breathing Techniques
  9. Competition

## Suggested Reading Other Than Required Textbook

Instructor Handouts.

## **Examples of Required Writing Assignments**

Keep a score book for 5 seven inning softball games. Figure statistics for batting averages and fielding averages.

## **Examples of Outside Assignments**

Visit a batting cage and work on swinging techniques. Practice correct footwork for infield and outfield throws.

## **Instruction Type(s)**

Lab, Lecture, Online Education Lab, Online Education Lecture