

**THEORY OF SOFTBALL
P.E. 202
FALL 2012**

**INSTRUCTOR: JILL LERNO
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CLASS DAYS & TIMES: M-F 10:30 AM - 12:20 PM

**REQUIRED TEXT: NCAA RULE BOOK INTERNET
CREDIT UNITS: 2**

COURSE DESCRIPTION

This course is designed to teach the fundamentals of the game of softball. Three major areas will be covered: Pitching mechanics and philosophies, offensive/defensive skills, and off/def plays. The class will also cover team play and drills, as well as the rules of the game. Learning to keep an official score book for the game of softball.

COURSE OBJECTIVES

1. To understand pitching strategies
2. To develop proper pitching mechanics
3. To develop proper hitting mechanics
4. To develop proper fielding mechanics
5. To understand defensive plays
6. To understand offensive plays

Student Learning Outcomes

1. Demonstrate appropriate offensive softball strategies.
2. Demonstrate appropriate defensive softball strategies.

COURSE OVERVIEW AND OUTCOMES

1. SAFETY PROCEDURES
2. OFFICIAL RULES
3. SCOREKEEPING
4. ETIQUETTE
5. SKILLS: THROWING, BATTING, DEFENSE

GRADING

A. The final grade will be based on total points accumulated as follows:

1. Participation = 50 POINTS
2. TESTS = 30 POINTS
3. FINALEXAM = 20 POINTS
= 100 POINTS

B. Grading Scale

100 - 90% = A
89 - 80% = B
79 - 70% = C
69 - 60% = D

DRESS AND EQUIPMENT

STUDENTS ARE REQUIRED TO DRESS APPROPRIATELY FOR ALL CLASS SESSIONS. IF YOU ARE IN THE CLASSROOM YOU CAN WEAR EVERYDAY CLOTHING BUT IF ON THE SOFTBALL FIELD YOU WILL NEED SHORTS, AND T-SHIRT AND PROPER SHOES. TENNIS SHOES WILL BE APPROPRIATE.

ATTENDANCE POLICY

1. No more than two absences permitted. A third absence may cause you to be dropped from the class.
2. Three tardies will be equivalent to one absence.

Any student with a documented disability who may need educational accommodations should notify the instructor or the Disabled Student Programs and Services (DSP&S) office as soon as possible: DSP&S, Room 2117, Health Sciences Building (760) 355-6312