



IMPERIAL VALLEY COLLEGE

Basic Course Information

Semester:	Fall 2025	Instructor Name:	Nicole Cordova
Course Title & #:	ATHL 134 Out of Season Int. Softball	Email:	nicole.cordova@imperial.edu
CRN #:	10432	Webpage (optional):	
Classroom:	Softball Field	Office #:	(N/A)
Class Dates:	August 11th – December 6th 2025	Office Hours:	M/W 2pm-3:30pm
Class Days:	M-TH	Office Phone #:	Email Preferred
Class Times:	3:45pm-6:15pm	Emergency Contact:	Nicole.cordova@imperial.edu
Units:	3.00	Class Format/Modality:	Face to Face

Course Description

This class is designed for off-season conditioning & skill development for intercollegiate softball. (CSU) (UC credit limited. See counselor for more info.)

Course Prerequisite(s) and/or Corequisite(s)

1. Perform skills and techniques on offense needed for softball with an increasing degree of proficiency in order to compete at a high level.
2. Perform defensive skills and techniques needed for softball with an increasing degree of proficiency in order to compete at a high level.

Student Learning Outcomes

Upon course completion, students will have learned and improved on the softball skills, knowledge, and game like situations needed to compete at a high level.

1. Perform with increasing degree of proficiency the skills, techniques, and strategies of competitive intercollegiate softball.
2. Improve cardiovascular and increase proficiency in muscle strength and body movements needed for competitive intercollegiate softball.

Course Objectives

1. Demonstrate and explain offensive strategies needed in intercollegiate baseball
2. Recognize and explain defensive strategies involved in softball.



3. Develop skills that will be needed to enhance physical fitness
4. Recognize rules and qualities of sportsmanship in softball.

Textbooks & Other Resources or Links

*NCAA (2024). NCAA Softball Rule Book. (Current year). NCAA.
Imperial Valley College. 2024. Student Athlete Handbook. Imperial Valley College.*

Course Requirements and Instructional Methods

To participate in this course, students must meet the following requirements:

- Be enrolled in 12 units and have an education plan in motion with a counselor.
 - Full time enrollment status is highly recommended but is not mandatory for Out of Season Softball.

Submit a physical exam to ensure student is physically able to participate in any and all physical activity that will include cardiovascular exercise and resistance training.

Students will be expected to perform movements and skills at a moderate level to begin, then the level of performance will be increased, and the pace of practice will be at game speed.

Game situations will be practiced and knowledge and skill sets of the game will be practiced and performed at a high level.

Course Grading Based on Course Objectives

Letter grade based on course participation which includes the following class activities:

-Improvement and knowledge of physical fitness and resistance training needed to compete in softball at a competitive level.

-Assignments that include vision boards, mental preparation that can lead to positive outcomes during game situations.

Total Possible Points (based on 16 weeks)

A=100% - 90% , B = 89% - 80%, C=79% - 70%, D= 69% - 60%, F= 59% and below

Attendance & Participation	= 160 points
Practice/ Competition	= 160 points
Skill Development & Game Knowledge	= 320 points
Assignments/Mental Preparation	= 160 Points
<u>Total</u>	<u>= 800 points</u>

Academic Honesty (Artificial Intelligence -AI)

IVC values critical thinking and communication skills and considers academic integrity essential to learning. Using AI tools as a replacement for your own thinking, writing, or quantitative reasoning goes against both our mission and academic honesty policy and will be considered academic dishonesty, or plagiarism unless you have been instructed to do so by your instructor. In case of any uncertainty regarding the ethical use of AI tools, students are encouraged to reach out to their instructors for clarification.

Accessibility Statement

Imperial Valley College is committed to providing an accessible learning experience for all students, regardless of course modality. Every effort has been made to ensure that this course complies with all state and federal accessibility regulations, including Section 508 of the Rehabilitation Act, the Americans with Disabilities Act (ADA), and Title 5 of the California Code of Regulations. However, if you encounter any content that is not accessible, please contact your instructor or the area dean for assistance. If you have specific accommodations through **DSPS**, contact them for additional assistance.

We are here to support you and ensure that you have equal access to all course materials.

Course Policies

Course participation which includes showing up is expected and will be required.

Financial Aid

Your Grades Matter! In order to continue to receive financial aid, you must meet the Satisfactory Academic Progress (SAP) requirement. Making SAP means that you are maintaining a 2.0 GPA, you have successfully completed 67% of your coursework, and you will graduate on time. If you do not maintain SAP, you may lose your financial aid. If you have questions, please contact financial aid at finaid@imperial.edu.

IVC Student Resources

IVC wants you to be successful in all aspects of your education. For help, resources, services, and an explanation of policies, visit <http://www.imperial.edu/studentresources> or click the heart icon in Canvas.

Anticipated Class Schedule/Calendar



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Date or Week	Activity, Assignment, and/or Topic	Location
Week 1- Week 5	Introduction to strength and conditioning. Improving cardiovascular fitness & increasing weight during endurance training to improve overall physical fitness. Discuss the mental aspect of softball and work on strengths and weaknesses individually and as a team.	Gym & Weight room
Week 6- Week 14	Learn and improve softball skills needed to compete at a high level, compete in practice games against other schools that are part of the 3C2A, continue to improve physical fitness levels and muscular strength during weight training. Continue to work on the mental aspect of the sport.	Softball field & Weight room
Week 15-17	Begin to prepare for the winter break by completing exit interviews with coaches. Discuss fall outcomes and expectations for the spring as a team and individually.	Gym & Softball field

*****Subject to change without prior notice*****