

# Bemidji State University

## PHED 1814: Skills for Life: Softball

### A. COURSE DESCRIPTION

Credits: 1

Lecture Hours/Week: \*.\*

Lab Hours/Week: \*.\*

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: None

An activity course that examines and applies the fundamentals and skills of slow and fast pitch softball. History and rules of the game, terminology, score keeping, safety, field playing areas, drills, and entry level game strategies will be included. Liberal Education Goal Area 11.

**B. COURSE EFFECTIVE DATES:** 08/22/1997 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

1. Base-running
2. Basic offensive and defensive strategies
3. Force play and tag play
4. Hitting: grip, stance, ready position, swing
5. Pitching: stance, footwork, wind-up, follow through, arc and spin
6. Position play and coverage responsibilities
7. Safety and equipment
8. Softball guides and rules
9. Techniques: catching, overhand throwing, fielding

### D. LEARNING OUTCOMES (General)

1. demonstrate knowledge of basic softball techniques and situational play.
2. demonstrate the ability to make a throw after fielding a fly ball and ground ball, using correct technique and the ability to contact a ball using correct hitting technique.
3. understand the history and evolution of the sport of softball.
4. develop softball skills that will contribute to their physical, social and emotional wellness.
5. examine how participation in softball can help them meet national physical activity guidelines.
6. demonstrate knowledge of basic softball rules and strategies.
7. demonstrate the ability to perform critical analysis/higher order thinking by critiquing then making changes in their execution of fielding a grounder and making a throw, fielding a fly ball and making a throw, and batting technique.
8. demonstrate the ability to write an analysis of their own physical activity behavior patterns.
9. analyze their own activity behavior for one week and compare it to national standards.
10. demonstrate higher order thinking by demonstrating knowledge of strategies used by offensive and defensive teams during game play.

**E. Minnesota Transfer Curriculum Goal Area(s) and Competencies**

None

**F. LEARNER OUTCOMES ASSESSMENT**

As noted on course syllabus

**G. SPECIAL INFORMATION**

None noted