COURSE NUMBER & TITLE: PE 1050: Varsity Softball
CREDITS: 1 (0 Lec / 1 Lab)
PREREQUISITES: Must meet NJCAA eligibility requirements

CATALOG DESCRIPTION:
Varsity Softball focuses on the application of offensive and defensive strategies, advanced skill techniques, teamwork, and participation at a competitive level. Enrollment must be concurrent with membership on the HCC varsity softball team. This class may be repeated one time for an elective credit.

OUTLINE OF MAJOR CONTENT AREAS:
1. Conditioning
2. Offensive strategies
   A. Stealing bases
   B. Hit and run
   C. Bunting
   D. Advancing the runner
3. Defensive strategies
   A. Fly balls
   B. Bunt coverages
   C. Ground balls
   D. Force outs
   E. Double plays
   F. Position play
4. Teamwork
5. Sportsmanship and etiquette
6. Rules
7. Safety
8. Terminology
9. Advanced skills
10. Specific game situations and scrimmages
11. Scheduled games

COURSE GOALS/OBJECTIVES/OUTCOMES:
1. Students will complete the season in order to receive a passing grade.
2. Students will execute a specific team offense and defense.
3. Students will analyze the opponent’s skill level and develop an offensive strategy.
4. Students will evaluate an opponent’s strategy and formulate a defensive strategy.
5. Students will demonstrate proper pre-game warm-up.
6. Students will identify and use the skills appropriate to the game situation.
7. Students will incorporate a play progression.
8. Students will identify and describe the appropriate team offense and defense.
9. Students will formulate short and long-term player and team goals.
10. Students will identify and use the terminology of the sport.
11. Students will apply etiquette and sportsmanship during practice and game play.
12. Students will identify the unique needs of each individual and incorporate those needs into a team environment.
13. Students will identify the role of the player in establishing a team environment.
14. Students will employ proper safety precautions.

MNTC GOALS AND COMPETENCIES MET:
N/A

HCC COMPETENCIES MET:
Working Productively
Thinking Creatively and Critically
Social/Civic Responsibility

STUDENT CONTRIBUTIONS:
Students are expected to attend all lectures and working sessions, participate in all activities and discussions, listen to and follow directions, complete assignments on time, and request assistance when needed. Students are expected to assist with equipment when necessary. Attendance and class participation are critical in this class.

STUDENT ASSESSMENT SHALL TAKE PLACE USING INSTRUMENTS SELECTED/DEVELOPED BY THE COURSE INSTRUCTOR.

ADDITIONAL INFORMATION:
This class is intended for students of all ages. Students must meet NJCAA and MCAC eligibility criteria. Students must adhere to NJCAA, MCAC, and HCC policies. Students must have a physical exam prior to competition. Any history of disease or disability requiring limited participation should be reported to the trainer.

Activity classes even under the safest possible conditions can be hazardous. Safety rules must be followed to minimize the risk of injury.

Special fees will be assessed to cover the cost of the class. Fundraising options may be available to cover these costs.

AASC APPROVAL DATE: January 18, 2017

REVIEW DATE: January 2022