

ICA M25B: INTERCOLLEGIATE SOFTBALL-WOMEN OFF SEASON

Originator

vmanakas

Co-Contributor(s)**Name(s)**

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College

Moorpark College

Discipline (CB01A)

ICA - Intercollegiate Athletics

Course Number (CB01B)

M25B

Course Title (CB02)

Intercollegiate Softball-Women Off Season

Banner/Short Title

Inter/Softball-Women Off Seaso

Credit Type

Credit

Start Term

Spring 2021

Formerly

KIN M134A and PE M28C

Catalog Course Description

Develops athletic skills and techniques in Softball. Emphasizes team development and competitive improvement and intensity. Involves competition against other institutions, and travel.

Additional Catalog Notes

Involves competition against other institutions, and travel.

Student must be capable of competing at the intercollegiate level.

Repeatability is dependent upon California Community College Athletic Association (CCCCAA) eligibility. May be taken a maximum of four (4) times for credit.

Credit Limitation: UC - Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE Activity courses.

Taxonomy of Programs (TOP) Code (CB03)

0835.50 - Intercollegiate Athletics

Course Credit Status (CB04)

D (Credit - Degree Applicable)

Course Transfer Status (CB05) (select one only)

A (Transferable to both UC and CSU)

Course Basic Skills Status (CB08)

N - The Course is Not a Basic Skills Course

SAM Priority Code (CB09)

E - Non-Occupational

Course Cooperative Work Experience Education Status (CB10)

N - Is Not Part of a Cooperative Work Experience Education Program

Course Classification Status (CB11)

Y - Credit Course

Educational Assistance Class Instruction (Approved Special Class) (CB13)

N - The Course is Not an Approved Special Class

Course Prior to Transfer Level (CB21)

Y - Not Applicable

Course Noncredit Category (CB22)

Y - Credit Course

Funding Agency Category (CB23)

Y - Not Applicable (Funding Not Used)

Course Program Status (CB24)

1 - Program Applicable

General Education Status (CB25)

Y - Not Applicable

Support Course Status (CB26)

N - Course is not a support course

Field trips

May be required

Faculty notes on field trips; include possible destinations or other pertinent information

Competitions may occur at other community colleges in the state.

Grading method

(L) Letter Graded

Alternate grading methods

(O) Student Option- Letter/Pass

(P) Pass/No Pass Grading

Does this course require an instructional materials fee?

No

Repeatable for Credit

Yes

Number of times a student may enroll in this course

4

Maximum units a student may earn in this course

4

Specify the Title 5 justification for repeatability

Intercollegiate athletics

Justification for Repeatability

Repeatability is dependent upon CCCAA (California Community College Athletic Association) eligibility.

Is this course part of a family?

No

Units and Hours

Carnegie Unit Override

No

In-Class

Lecture

Activity

Laboratory

Minimum Contact/In-Class Laboratory Hours

52.5

Maximum Contact/In-Class Laboratory Hours

52.5

Total in-Class

Total in-Class

Total Minimum Contact/In-Class Hours

52.5

Total Maximum Contact/In-Class Hours

52.5

Outside-of-Class

Internship/Cooperative Work Experience

Paid

Unpaid

Total Outside-of-Class

Total Outside-of-Class

Total Student Learning

Total Student Learning

Total Minimum Student Learning Hours

52.5

Total Maximum Student Learning Hours

52.5

Minimum Units (CB07)

1

Maximum Units (CB06)

1

Student Learning Outcomes (CSLOs)**Upon satisfactory completion of the course, students will be able to:**

- | | |
|---|--|
| 1 | demonstrate proper technique in all skills associated with intercollegiate softball. |
| 2 | demonstrate improvement in skills identified as inefficient at the end of the intercollegiate competitive season and at the beginning of the off-season. |
| 3 | improve muscular strength and cardiovascular endurance. |

Course Objectives**Upon satisfactory completion of the course, students will be able to:**

- | | |
|---|--|
| 1 | demonstrate a variety of individual techniques and fundamentals required for intercollegiate participation and adhere to the CCCAA (California Community College Athletic Association) and collegiate rules for the sport. |
| 2 | develop and apply team skills necessary to successfully compete at the intercollegiate level. |
| 3 | develop and analyze offensive and defensive tactics and strategies and respond accordingly. |
| 4 | apply and develop principles for social interaction, teamwork and leadership. |
| 5 | demonstrate and practice an appreciation for high quality character traits including, but not limited to, sportsmanship, fair play and teamwork. |
| 6 | identify and practice good health habits through proper emphasis on training techniques, injury prevention, nutrition and substance education. |

Course Content**Lecture/Course Content**

N/A

Laboratory or Activity Content

1. (50%) Individual fundamental skills of Softball
 - Offensive techniques
 - Defensive techniques
 - Special situation skills
2. (25%) Conditioning
 - Pre-season
 - Off season
3. (10%) Attitudes and behaviors
 - High quality character traits
 - Sportsmanship
 - Fair play
 - Teamwork/Social interaction
 - Leadership
 - Health habits
 - Injury prevention
4. (15%) Team tactics and strategies of Softball
 - Offensive
 - Defensive
 - Special situations

Methods of Evaluation**Which of these methods will students use to demonstrate proficiency in the subject matter of this course? (Check all that apply):**

Problem solving exercises
 Skills demonstrations
 Written expression

Methods of Evaluation may include, but are not limited to, the following typical classroom assessment techniques/required assignments (check as many as are deemed appropriate):

Classroom Discussion

Clinical demonstration
Journals
Laboratory activities
Oral analysis/critiques
Participation
Portfolios
Skills demonstrations
Skill tests or practical examinations

Instructional Methodology

Specify the methods of instruction that may be employed in this course

Audio-visual presentations
Computer-aided presentations
Collaborative group work
Class activities
Distance Education
Group discussions
Guest speakers
Small group activities

Describe specific examples of the methods the instructor will use:

1. Use video analysis to provide feedback of movement patterns to the student.
2. Demonstrate proper skill execution.

Representative Course Assignments

Writing Assignments

1. Identify individualized goals specific to skill improvement in intercollegiate softball.
2. Complete Kouzes and Posner's Leadership Practice Inventory (LPI) to identify leadership strengths and weaknesses.
3. Provide peer evaluations to coaches.

Critical Thinking Assignments

1. Analyze each individual's skill strengths and weaknesses at the beginning of the intercollegiate off-season.
2. Explain specific strategies and tactics pertinent to intercollegiate competition.
3. Apply specific strategies and tactics in a practice setting.

Reading Assignments

1. Read articles or books on sport psychology as it pertains to competing in college softball.
2. Read articles or books assigned by the instructor emphasizing leadership in sport.
3. Read articles or books assigned by the instructor emphasizing resilience in sport.

Skills Demonstrations

1. Demonstrate proper bunting techniques.
2. Demonstrate proper fielding techniques.

Outside Assignments

Representative Outside Assignments

1. Evaluate techniques of former Olympic softball players.
2. Watch individual video and provide an oral assessment of individual softball skill techniques, such as fielding and catching.
3. Take an attitude and personality assessment.
4. Develop individual and team goals.

Articulation

Equivalent Courses at 4 year institutions

University	Course ID	Course Title	Units
Calif State Univ., Northridge	ATHL 197 A-Z	Off-Season Conditioning	1

Comparable Courses within the VCCCD

ICA R182 - Conditioning for Women's Softball

Equivalent Courses at other CCCs

College	Course ID	Course Title	Units
El Camino College	PE 121 ABC	Off-Season Training for Women's Intercollegiate Softball Team	1
Portville College	KIN P115	Off Season Intercollegiate Softball - Women	1-2
Santiago Canyon College	kin 283	Softball Team Off Season - Women	.5-1

District General Education**A. Natural Sciences****B. Social and Behavioral Sciences****C. Humanities****D. Language and Rationality****E. Health and Physical Education/Kinesiology****E2. Physical Education**

Approved

F. Ethnic Studies/Gender Studies**Course is CSU transferable**

Yes

CSU Baccalaureate List effective term:

F1999

CSU GE-Breadth**Area A: English Language Communication and Critical Thinking****Area B: Scientific Inquiry and Quantitative Reasoning****Area C: Arts and Humanities****Area D: Social Sciences****Area E: Lifelong Learning and Self-Development****E Lifelong Learning and Self-Development**

Approved

Area F: Ethnic Studies**CSU Graduation Requirement in U.S. History, Constitution and American Ideals:****UC TCA****UC TCA**

Approved

IGETC**Area 1: English Communication****Area 2A: Mathematical Concepts & Quantitative Reasoning****Area 3: Arts and Humanities****Area 4: Social and Behavioral Sciences****Area 5: Physical and Biological Sciences****Area 6: Languages Other than English (LOTE)****Textbooks and Lab Manuals****Resource Type**

Textbook

Description

Williams, Pat and David Wimbish. *How to Be like Coach Wooden: Life Lessons from Basketball's Greatest Leader*. Health Communications, Inc., 2006.

Resource Type

Textbook

Description

Wooden, John, and Jay Carty. *Coach Wooden's Pyramid of Success: Building Blocks for a Better Life*. Regal, 2005.

Resource Type

Textbook

Classic Textbook

No

Description

National Fastpitch Coaches Association. *Practice Perfect Softball*. Human Kinetics, 2016.

Library Resources**Assignments requiring library resources**

Research articles using the library's print and online resources.

Sufficient Library Resources exist

Yes

Example of Assignments Requiring Library Resources

Utilize the Library's databases to locate and analyze articles about social justice issues in sports.

Distance Education Addendum**Definitions****Distance Education Modalities**

Hybrid (51%–99% online)

Hybrid (1%–50% online)

100% online is a temporary emergency approval ONLY

Faculty Certifications

Faculty assigned to teach Hybrid or Fully Online sections of this course will receive training in how to satisfy the Federal and state regulations governing regular effective/substantive contact for distance education. The training will include common elements in the district-supported learning management system (LMS), online teaching methods, regular effective/substantive contact, and best practices.

Yes

Faculty assigned to teach Hybrid or Fully Online sections of this course will meet with the EAC Alternate Media Specialist to ensure that the course content meets the required Federal and state accessibility standards for access by students with disabilities. Common areas for discussion include accessibility of PDF files, images, captioning of videos, Power Point presentations, math and scientific notation, and ensuring the use of style mark-up in Word documents.

Yes

Regular Effective/Substantive Contact

Hybrid (1%–50% online) Modality:

Method of Instruction	Document typical activities or assignments for each method of instruction
Asynchronous Dialog (e.g., discussion board)	Regular Asynchronous discussion boards will be used to encourage discussion among students where they can compare and contrast/discuss /identify and analyze elements of course outcomes. Other Discussion boards will also be used for Q&A and general class discussion by students and instructor to facilitate student learning outcomes.
E-mail	Email, class announcements and tools such as “Message Students Who” and “Assignment Comments” in Canvas will be used to regularly communicate with all students to clarify class content, remind of upcoming assignments, and provide immediate feedback to students on coursework to facilitate student learning outcomes. Students will be given multiple ways to email instructor through Canvas inbox and faculty provided email account through their own canvas email and school email.
Face to Face (by student request; cannot be required)	Lab/activity will be face to face with practical (identification) quizzes and exams. Lab/activity time will offer student-student interaction and time to ask question of the instructor.
Other DE (e.g., recorded lectures)	Recorded lectures will provide students with the same experience as in a traditional lecture class. Online practice exams and quizzes will provide the opportunity for asynchronous review of material.
Synchronous Dialog (e.g., online chat)	Instructor may be available on a certain day or days of the week within a certain time frame to help students and answer their questions via an online chat or video conferencing technology.
Telephone	Instructor may provide a phone number for the students where they can leave a voicemail and expect a call back within 24 hours.
Video Conferencing	Instructor may be available on a certain day or days of the week within a certain time frame to help students and answer their questions via live video conferencing. Furthermore, the instructor may lead an online lecture during a consistent time frame via Zoom or any other video conferencing tool.

Hybrid (51%–99% online) Modality:

Method of Instruction	Document typical activities or assignments for each method of instruction
Asynchronous Dialog (e.g., discussion board)	Regular Asynchronous discussion boards will be used to encourage discussion among students where they can compare and contrast/discuss /identify and analyze elements of course outcomes. Other Discussion boards will also be used for Q&A and general class discussion by students and instructor to facilitate student learning outcomes.

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Face to Face (by student request; cannot be required)	Lab/activity will be face to face with practical (identification) quizzes and exams. Lab/activity time will offer student-student interaction and time to ask question of the instructor.
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100% online Modality:	
Method of Instruction	Document typical activities or assignments for each method of instruction
Asynchronous Dialog (e.g., discussion board)	Regular Asynchronous discussion boards will be used to encourage discussion among students where they can compare and contrast/discuss /identify and analyze elements of course outcomes. Other Discussion boards will also be used for Q&A and general class discussion by students and instructor to facilitate student learning outcomes.
E-mail	Email, class announcements and tools such as “Message Students Who” and “Assignment Comments” in Canvas will be used to regularly communicate with all students to clarify class content, remind of upcoming assignments, and provide immediate feedback to students on coursework to facilitate student learning outcomes. Students will be given multiple ways to email instructor through Canvas inbox and faculty provided email account through their own canvas email and school email.
Face to Face (by student request; cannot be required)	Labs will be face to face with practical (identification) quizzes and exams. Lab time will offer student-student interaction and time to ask question of the instructor.
Other DE (e.g., recorded lectures)	Recorded lectures will provide students with the same experience as in a traditional lecture class. Online practice exams and quizzes will provide the opportunity for asynchronous review of material
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Examinations

Hybrid (1%–50% online) Modality

Online
On campus

Hybrid (51%–99% online) Modality

Online
On campus

Primary Minimum Qualification

COACHING

Review and Approval Dates

Department Chair

11/2/2020

Dean

11/3/2020

Technical Review

11/5/2020

Curriculum Committee

11/17/2020

DTRW-I

MM/DD/YYYY

Curriculum Committee

MM/DD/YYYY

Board

MM/DD/YYYY

CCCCO

11/20/2020

Control Number

CCC000524571

DOE/accreditation approval date

MM/DD/YYYY