



MASTER COURSE OUTLINE

Prepared By: Michael De Hoog

Date: October 2020

COURSE TITLE

Theory of Fastpitch Softball

GENERAL COURSE INFORMATION

Dept.: PEH

Course Num: 106

(Formerly:)

CIP Code: 13.1314

Intent Code: 11

Program Code:

Credits: 3

Total Contact Hrs Per Qtr.: 44

Lecture Hrs: 22

Lab Hrs: 22

Other Hrs: 0

Distribution Designation: Specified Elective SE

COURSE DESCRIPTION (as it will appear in the catalog)

A practical course relating to the coaching aspect of fastpitch softball. Emphasis is placed on teaching/coaching strategies, the body mechanics of the athlete, evaluation methods, and the organization of a fastpitch softball program.

PREREQUISITES

None

TEXTBOOK GUIDELINES

Determined by instructor

COURSE LEARNING OUTCOMES

Upon successful completion of the course, students should be able to demonstrate the following knowledge or skills:

1. Develop a fastpitch softball program.
2. Define the various roles of a coach.
3. Design a functional offseason/in season conditioning program.
4. Describe and explain the components of a successful defense and offense.
5. Develop successful defensive and offensive strategies.

INSTITUTIONAL OUTCOMES

None

COURSE CONTENT OUTLINE

1. Designing a Conditioning Program
2. Skill Development of the Athlete
3. Defensive Systems
4. Offensive Systems
5. Principles of a Team
6. Implementing a Program

DEPARTMENTAL GUIDELINES *(optional)*

PO5 should be assessed: Students will be able to solve problems by gathering, interpreting, combining and/or applying information from multiple sources.

DIVISION CHAIR APPROVAL

DATE