



## MASTER COURSE OUTLINE

Prepared By: Michael De Hoog

Date: August 5, 2020

## COURSE TITLE

Fastpitch

## GENERAL COURSE INFORMATION

Dept.: PEH

Course Num: 119

(Formerly: )

CIP Code: 13.0597

Intent Code: 11

Program Code:

Credits: 1

Total Contact Hrs Per Qtr.: 22

Lecture Hrs: 0

Lab Hrs: 22

Other Hrs: 0

Distribution Designation: PEH Activity Credit AC

## COURSE DESCRIPTION (as it will appear in the catalog)

Fastpitch is designed to improve the student's softball skills/knowledge so to participate successfully and enjoyably in the team activity of softball. May be repeated for up to three (3) credits.

## 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. Identify softball rules and guidelines.
2. Demonstrate proficiency in:
  - A. Hitting
  - B. Throwing
  - C. Catching
  - D. Fielding

## INSTITUTIONAL OUTCOMES

IO3 Human Relations/Workplace Skills: Students will be able to demonstrate teamwork, ethics, appropriate safety awareness and/or workplace specific skills.

## COURSE CONTENT OUTLINE

1. Rules and Sportsmanship
2. Strategies
  - a. Offense
  - b. Defense
3. Skill Improvement

- a. Hitting
- b. Throwing
- c. Catching
- d. Fielding
- 4. Game like situations
- 5. Team play

**DEPARTMENTAL GUIDELINES** *(optional)*

Reinforces the National Association of Sport and Physical Education (NASPE standards)

- 1. Demonstrates competency in motor skills and movement patterns to perform a variety of physical activities.
- 2. Participates regularly in physical activity.
- 3. Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

---

**DIVISION CHAIR APPROVAL**

---

**DATE**