

THEORY OF SOFTBALL
P.E. 202
Fall 2013

INSTRUCTOR: JILL LERNO

CLASS DAYS & TIMES: M-W 11:50 AM - 12:45 PM

OFFICE: 707

PHONE: 355-6332

REQUIRED TEXT: NCAA RULE BOOK INTERNET

E-MAIL: jill.lerno@imperial.edu

CREDIT UNITS: 2

I. COURSE DESCRIPTION

This course is designed to teach the fundamentals of the game of softball. Three major areas will be covered: Pitching mechanics and philosophies, offensive/defensive skills, and off/def plays. The class will also cover team play and drills, as well as the rules of the game.

II. COURSE OBJECTIVES

- | | |
|-----------------------------------------|-----------------------------------------|
| 1. To understand pitching strategies | 4. To develop proper fielding mechanics |
| 2. To develop proper pitching mechanics | 5. To understand defensive plays |
| 3. To develop proper hitting mechanics | 6. To understand offensive plays |

III. GRADING

A. The final grade will be based on total points accumulated as follows:

- | | |
|------------------|--------------------|
| 1. Participation | = 50 points |
| 2. Tests | = 30 points |
| 3. Final Exam | = <u>20 points</u> |
| | 100 points |

B. Grading Scale	100 - 90% = A
	89 - 80% = B
	79 - 70% = C
	69 - 60% = D

IV. ATTENDANCE POLICY

1. No more than two absences permitted. A third absence will cause you to be dropped from the class.
2. Three tardies will be equivalent to one absence.

V. Dress and Equipment

Students are required to dress appropriately for all class sessions. If you are in the classroom you can wear everyday clothing but if on the softball field, you will need shorts, and t-shirt and proper shoes. Tennis shoes will be appropriate.

VI. STUDENT LEARNING OUTCOMES:

1. Demonstrate appropriate offensive softball strategies. (IL02, IL03, IL04)
2. Demonstrate appropriate defensive softball strategies. (IL02, IL03, IL04)

Any student with a documented disability who may need educational accommodations should notify the instructor or the Disabled Student Programs and Services (DSP&S) office as soon as possible: DSP&S, Room 2117, Health Sciences Building (760) 355-6312

