

Course Outline of Record

1. Course Code: VSO-057A
2.
 - a. Long Course Title: Softball, Fall
 - b. Short Course Title: SOFTBALL
3.
 - a. Catalog Course Description:
 This is a fall off season softball conditioning course providing beginning, intermediate, and advanced instruction for students interested in improving skill development, physical strength, muscular endurance, anaerobic endurance, and increased muscular elasticity while reducing connective tissue injuries. Students are required to participate in strenuous physical activity and testing.
 - b. Class Schedule Course Description:
 Intended for off season conditioning and skill development for intercollegiate softball student-athletes during the fall semester.
 - c. Semester Cycle (if applicable): Fall
 - d. Name of Approved Program(s):
4. Total Units: 2.00 Total Semester Hrs: 117.00
 Lecture Units: 0 Semester Lecture Hrs: 0
 Lab Units: 2 Semester Lab Hrs: 117.00
 Class Size Maximum: 40 Allow Audit: No
 Repeatability Repeatable 3 Times
 Justification Title 5 § 55041. (a) (3) Intercollegiate athletics, as defined in section 55000.
5. Prerequisite or Corequisite Courses or Advisories:
Course with requisite(s) and/or advisory is required to complete Content Review Matrix (CCForm1-A)
 Limitation on Enrollment: Successful tryout.
6. Textbooks, Required Reading or Software: *(List in APA or MLA format.)* N/A
7. Entrance Skills: *Before entering the course students must be able:*
8. Course Content and Scope:
 Lecture:

- a. Basic human anatomy, physical fitness, and flexibility terminology.
 - b. Implement test, measurement, exercise, and safety guidelines.
 - c. Safety considerations and injury prevention.

 Lab: *(if the "Lab Hours" is greater than zero this is required)*

a. Human kinetics of the upper and lower extremities. b. Warm-up, "complete" strength, agility, and flexibility training. c. Increasing neuro-muscular and muscular elasticity response. d. Improving connective tissue strength and reducing injuries. e. Increasing joint range of motion and muscular strength. f. Implementation of kinetic movement principles for linear, lateral, and vertical improvement. g. Implement test, measurement, exercise, and safety guidelines. h. Specific exercises for individual intercollegiate sport performance.
9. Course Student Learning Outcomes:
 1. Perform, with an increasing degree of proficiency, elementary fitness activities that demonstrate measurable improvements in coordination, aerobic capacity, muscular strength and overall flexibility.
10. Course Objectives: *Upon completion of this course, students will be able to:*
 - a. Demonstrate an understanding of basic human anatomy, physical fitness, and flexibility terminology.
 - b. Demonstrate proper warm-up, calisthenics, and flexibility techniques.

- c. Demonstrate improvement in neuro-muscular response and reduce connective tissue injuries.
- d. Develop “complete” physical strength through the lifting, pressing, and pulling of ones own body weight.
- e. Demonstrate increased muscular elasticity and joint range of motion.
- f. Design, develop, and implement specific agility drills to increase and maximize efficiency of linear, lateral, and vertical movements.
- g. Implement appropriate application principles of accelerated movement while expending less energy and covering greater distances.
- h. Apply rest, recovery, and recuperation principles and procedures to enhance and increase athletic performance.
- i. Implement a “test and measurement” system.
- j. Implement effective, safe exercise, activity, and safety guidelines.

11. Methods of Instruction: *(Integration: Elements should validate parallel course outline elements)*

- a. Demonstration, Repetition/Practice
- b. Discussion
- c. Lecture

Other Methods:

a. Demonstrations. b. Guest speakers. c. Student reports. d. Audio/visual presentations.

12. Assignments: *(List samples of specific activities/assignments students are expected to complete both in and outside of class.)*

In Class Hours: 58.00

Outside Class Hours: 0

- a. In-class Assignments

a. Skill practice. b. Additional conditioning. c. Personal program design.

- b. Out-of-class Assignments

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13. Methods of Evaluating Student Progress: *The student will demonstrate proficiency by:*

- Field/physical activity observations
- Group activity participation/observation
- Student participation/contribution

14. Methods of Evaluating: Additional Assesment Information:

- a. Demonstrating skill development in areas identified in Course Objectives.

15. Need/Purpose/Rationale -- *All courses must meet one or more CCC missions.*

PO-GE C5 – Personal Growth and Development

Exhibit habits of intellectual exploration, personal responsibility, and well being.

IO - Personal and Professional Development

Demonstrate an understanding of ethical issues to make sound judgments and decisions.

16. Comparable Transfer Course

University System	Campus	Course Number	Course Title	Catalog Year
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17. Special Materials and/or Equipment Required of Students:

18. Materials Fees: Required Material?

Material or Item	Cost Per Unit	Total Cost
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19. Provide Reasons for the Substantial Modifications or New Course:

Student athletes need to be prepared to meet the demands of the sport. Off season conditioning courses have been shown to improve the overall conditioning and readiness of student athletes and help in the prevention of injury.

- 20. a. Cross-Listed Course (Enter Course Code): N/A
- b. Replacement Course (Enter original Course Code): N/A

21. Grading Method (choose one): Letter Grade Only

22. MIS Course Data Elements

- a. Course Control Number [CB00]: CCC000551152
- b. T.O.P. Code [CB03]: 83550.00 - Intercollegiate Athletics
- c. Credit Status [CB04]: D - Credit - Degree Applicable
- d. Course Transfer Status [CB05]: B = Transfer CSU
- e. Basic Skills Status [CB08]: 2N = Not basic skills course
- f. Vocational Status [CB09]: Not Occupational
- g. Course Classification [CB11]: Y - Credit Course
- h. Special Class Status [CB13]: N - Not Special
- i. Course CAN Code [CB14]: N/A
- j. Course Prior to College Level [CB21]: Y = Not Applicable
- k. Course Noncredit Category [CB22]: Y - Not Applicable
- l. Funding Agency Category [CB23]: Y = Not Applicable
- m. Program Status [CB24]: 2 = Stand-alone

Name of Approved Program (if program-applicable): N/A

Attach listings of Degree and/or Certificate Programs showing this course as a required or a restricted elective.)

23. Enrollment - Estimate Enrollment

First Year: 40
Third Year: 40

24. Resources - Faculty - Discipline and Other Qualifications:

- a. Sufficient Faculty Resources: Yes
- b. If No, list number of FTE needed to offer this course: N/A

25. Additional Equipment and/or Supplies Needed and Source of Funding.

N/A

26. Additional Construction or Modification of Existing Classroom Space Needed. (Explain:)

N/A

27. FOR NEW OR SUBSTANTIALLY MODIFIED COURSES

Library and/or Learning Resources Present in the Collection are Sufficient to Meet the Need of the Students Enrolled in the Course: Yes

28. Originator Courtney Doussett Origination Date 10/29/13