

Northern Marianas College
CURRICULUM ACTION REQUEST

Effective Semester / Session: Summer 2006

Type of Action:

- New
- Modification
- Cancellation

Course Alpha and Number: PE 128

Course Title: Baseball and Softball Skills

Reason for initiating, revising, or canceling:

This course guide is being modified to reflect the current curriculum content, teaching methods and assessment measures. This also serves to meet the required 3 year update.

----- <i>Tony Sauer / Alfredo</i>	<i>4/17/04</i>
Proposer	Date
<i>Alfredo</i>	<i>4/17/04</i>
Department Chair	Date
<i>R.T.</i>	<i>5/2/06</i>
English and Format Reviewer	Date
<i>[Signature]</i>	<i>5/2/06</i>
Academic Council Chair	Date
<i>[Signature]</i>	<i>5/2/06</i>
Dean of Academic Programs and Services	Date

Northern Marianas College Course Guide

Course: PE 128 Baseball and Softball Skills

1. Department

Human Performance and Athletics

2. Purpose

This course is designed to provide students with instruction on fundamentals of baseball and softball skills. Emphasis will be on pitching mechanics. Students will learn the basic movements required to play the position of pitching in both sports through drills and game situations practices.

3. Description

A. Required/Recommended Textbook(s) and Related Materials

None

B. Contact Hours

1. **Lecture:** None
2. **Lab:** None
3. **Other:** 2 hours per week / 30 hours per semester

C. Credits

1. **Number:** 1
2. **Type:** Regular degree credit

D. Catalogue Course Description

This course introduces students to baseball and softball basic skills, rules and regulations, fundamentals and strategies, batting and fielding and stretching for softball and baseball. Students will also participate and practice in all related drills, lead-up games and field/diamond type situations. English Placement Level: EN 073/074.

E. Degree or Certificate Requirements Met by Course

A passing grade in this class will fulfill the Physical Education requirement under General Education Requirements for a Liberal Arts Degree.

Northern Marianas College Course Guide

Course: PE 128 Baseball and Softball Skills

F. Course Activities and Design

Course activities will include lectures and video taped programs on baseball and softball skills, fundamentals and strategies and health related subjects, such as nutrition, stretching, proper warm-up and cool-down. Practical application will include the teaching of various baseball and softball skills and the students practicing skills in different drills, lead-up games and field/diamond type situations. Emphasis will be on fundamental skills.

4. Course Prerequisite(s); Concurrent Course Enrollment; Required English/Mathematics Placement Level(s)

Prerequisites: None

English Placement Level: EN 073/074

5. Estimated Cost of Course; Instructional Resources Needed

Cost to the Student: Tuition for a 1-credit course and the consolidated course fee.

Cost to the College: Instructor's salary and baseball and softball equipment.

Instructional resources needed for this course include: white board, white board markers, television/VCR/DVD unit, recorded tapes/dvd's, and softball/baseball equipment.

6. Method of Evaluation

Student grades will be based on the regular letter grade system as described below:

- A: Excellent – grade points: 4.0;
- B: Above Average – grade points: 3.0;
- C: Average – grade points: 2.0;
- D: Below Average – grade points: 1.0;
- F: Failure – grade points: 0.0

NMC's grading and attendance policies will be followed.

Northern Marianas College Course Guide

Course: PE 128 Baseball and Softball Skills

7. Course Outline

This is a topical outline and does not necessarily indicate the sequence in which the material will be presented.

1.0 Class Orientation

- 1.1 Stretching
- 1.2 Warm-up
- 1.3 Procedures
- 1.4 Equipment

2.0 Evaluation of Class Skill Level

2.1 Fundamental Skills

- 2.1.1. Softball pitching
- 2.1.2. Baseball pitching
- 2.1.3. Other skills
- 2.1.4. Batting
- 2.1.5. Throwing
- 2.1.6. Catching
- 2.1.7. Sliding
- 2.1.8. Base running
- 2.1.9. Basic fundamentals of each position
- 2.1.10. Basic offensive and defensive strategy
- 2.1.11. Bunting

Northern Marianas College Course Guide

Course: PE 128 Baseball and Softball Skills

8. Instructional Goals

This course will introduce students to:

- 1.0 Playing rules of baseball and softball;
- 2.0 The skills of underhand pitching, overhand pitching, batting, throwing, catching, sliding, base running, basic fundamentals of each position and basic offensive and defensive strategy;
- 3.0 Cardiovascular fitness;
- 4.0 Kinesiological principles necessary to obtain and maintain baseball and softball skills (throwing, catching, batting, softball pitching, baseball pitching, etc.);
- 5.0 Being a member of a team;
- 6.0 Basic strategies for offensive baseball and softball; and
- 7.0 Basic strategies for defensive baseball and softball.

9. Student Competencies

Upon successful completion of this course, students will be able to:

- 1.0 Discuss playing rules of baseball and softball;
- 2.0 Demonstrate the skills of underhand pitching, overhand pitching, batting, throwing, catching, sliding, base running, basic fundamentals of each position and basic offensive and defensive strategy;
- 3.0 Improve cardiovascular fitness;
- 4.0 Demonstrate kinesiological principles necessary to obtain and maintain baseball and softball skills (throwing, catching, batting, softball pitching, baseball pitching, etc.);
- 5.0 Practice being a member of a team and good sportsmanship;
- 6.0 Demonstrate basic strategies for offensive baseball and softball; and

Northern Marianas College Course Guide

Course: PE 128 Baseball and Softball Skills

7.0 Demonstrate basic strategies for defensive baseball and softball.

10. Assessment Measures

Assessment of student learning may include, but will not be limited to, the following:

- 1.0 Class participation in drills, lead-up games and various field/diamond situations
- 2.0 Attendance; and
- 3.0 Various skills tests (fielding, pitching, batting, throwing, catching etc.).