

# KERN COMMUNITY COLLEGE DISTRICT – CERRO COSO COLLEGE

## PHED C161 COURSE OUTLINE OF RECORD

1. **DISCIPLINE AND COURSE NUMBER:** PHED C161
2. **COURSE TITLE:** Intercollegiate Mens Basketball
3. **SHORT BANWEB TITLE:**
4. **COURSE AUTHOR:** Kelly, Kimberlee E.
5. **COURSE SEATS:** -
6. **COURSE TERMS:** 70 = Fall; 30 = Spring
7. **CROSS-LISTED COURSES:**
8. **PROPOSAL TYPE:** CC New Course
9. **START TERM:** 70 = Fall, 2016
10. **C-ID:** NA
11. **CATALOG COURSE DESCRIPTION:** This basketball course emphasizes early season conditioning, development of skills and strategy, and team building through pre-conference and conference competition. The course is intended for students competing in intercollegiate men's basketball. Students must meet California Community College Athletic Association Eligibility Guidelines.

### 12. GRADING METHOD

**Default:** S = Standard Letter Grade

**Optional:** P = Pass/No Pass; A = Audit

### 13. **TOTAL UNITS:** 0.5

### 14. INSTRUCTIONAL METHODS / UNITS & HOURS:

<u>Method</u>	<u>Min Units</u>	<u>Min Hours</u>
Lecture	0	0
Lab	0	0
Activity	0	0
Open Entry/Open Exit	0	0
Volunteer Work Experience	0	0
Paid Work Experience	0	0
Non Standard	0.5	87.5

Non-Standard Hours Justification: Athletics

### 15. REPEATABILITY

**Type:** Activity/Other Repeatable

**Limit:** Three times

### 16. **MATERIALS FEE:** No

### 17. **CREDIT BY EXAM:** No

### 18. **CORE MISSION APPLICABILITY:** CSU Transfer

### 19. **STAND-ALONE:** No

### 20. PROGRAM APPLICABILITY

**Required:**

**Restricted Elective:**

**Elective:** General Education (AA Degree Program)  
General Education (AA Degree Program)  
Kinesiology for Transfer (AA Degree Program)

**21. GENERAL EDUCATION APPLICABILITY**

**Local:** CC GE Area VII: Additional Requirements = Additional Requirements;

**IGETC:**

**CSU:** CSU GE Area E: Lifelong Understanding and Self-Development = E - Lifelong Understanding and Self-Development;

**UC Transfer Course:**

**CSU Transfer Course:**

**22. STUDENT LEARNING OUTCOMES Upon completion of the course, the student will be able to**

1. Perform basketball skills related to athlete's position and team objectives.
2. Compete at a high level of performance in an organized intercollegiate team sport.
3. Apply the skills and techniques specific to basketball competitive play.
4. Identify the official rules and their interpretations of game play.
5. Display proper sportsmanship both on and off the court.

**23. REQUISITES**

**Limitation on Enrollment (e.g. Performance tryout or audition):**

Prerequisite: Must meet California Community College Athletic Association Eligibility Guidelines. 1. First year of eligibility: the student-athlete must be enrolled in a minimum of 12 units of course work during the season of sport. 2. Second year of eligibility: the student-athlete must have successfully completed 24 units of course work with a grade point average of 2.0 or above and be enrolled in a minimum of 12 units of new course work during the season of sport.

**24. DETAILED TOPICAL OUTLINE:**

Lecture:

A. Advanced development of fundamental skills of basketball

1. shooting
2. running
3. passing
4. dribbling
5. catching
6. rebounding

B. Strategies

1. offensive alignment
2. defensive alignment
3. double teaming
4. screening rebounding
5. setting a pick

C. Physical fitness development

1. muscle strength
2. muscle endurance
3. flexibility

4. body composition

D. Rules and regulations

1. full court and half court boundaries
2. scoring
3. fouls
4. infractions
5. overtime
6. time-outs
7. illegal defense

E. Sportsmanship and etiquette

1. mutual respect
2. distracting an opponent
3. joy of competition
4. zeal for excellence
5. rivalry and camaraderie

F. Individual and team philosophy

1. motivation
2. philosophy
3. pride
4. excellence
5. sacrifice
6. success
7. integrity
8. perseverance

**25. METHODS OF INSTRUCTION--Course instructional methods may include but are not limited to**

1. Demonstration;
2. Discussion;
3. Lecture;
4. Performance;

**26. OUT OF CLASS ASSIGNMENTS: Out of class assignments may include but are not limited to**

**27. METHODS OF EVALUATION: Assessment of student performance may include but is not limited to**

- A. Subjective assessment of physical skills and performance by direct coach's observation
  1. Individual and team verbal critiques
  2. video analysis
  3. student-athlete counseling and academic involvement
  4. individual improvement, performance, and contribution to total team effort
- B. Objective assessment of performance
  1. participation in practice and competitions

2. final evaluations

**28. TEXTS, READINGS, AND MATERIALS: Instructional materials may include but are not limited to**

**Textbooks**

No Author. (2000) No Textbook Is Required, , No Publisher  
This is for no textbook option  
No Author. (2000) No Textbook Is Required, , No Publisher  
This is for no textbook option

**Manuals**

**Periodicals**

**Software**

**Other**

29. **METHOD OF DELIVERY:** Face to face;

30. **MINIMUM QUALIFICATIONS:** Coaching; Physical Education (Masters Required);

31. **APPROVALS:**

**Origination Date** 03/07/2016

**Last Outline Revision** 03/07/2016

**Curriculum Committee Approval** 04/29/2016

**Board of Trustees** 06/09/2016

**State Approval** 10/21/2016

**UC Approval UC Approval Status**

**CSU Approval CSU Approval Status**

**IGETC Approval IGETC Approval Status**

**CSU GE Approval CSU GE Approval Status**

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**Data Element Changes**

**Data Justification** New men's intercollegiate basketball program.

**Course Element Changes**

**Course Change Justification**

**Course ID (CB00)** CCC000576529

**TOP Code (CB03)** 0835.50 - Intercollegiate Athletics;

**Course Credit Status (CB04)** D - Credit - Degree Applicable;

**Course Transfer Status (CB05)** B = Transferable to CSU only

**Course Units of Credit Maximum High (CB06):** 0.5

**Course Units of Credit Minimum Low (CB07):** 0.5

**Course Basic Skills (BS) Status (CB08):** N = Course is not a basic skills course.

**SAM Code (CB09):** E = Non-Occupational;

**Cooperative Education Course Status (CB10):** Not part of Coop Work Exp;

**Course Classification Code (CB11):** Not Applicable, Credit Course;

**Course Special Status (CB13):** N - Not Special;

**CAN Code (CB14):**

**CAN-Code Seq (CB15):**

**Course Prior to College Level (CB21):** Not Applicable;

**Course Non-Credit Category (CB22):** Not Applicable, Credit Course;

**Funding Agency Category (CB23):** Not Applicable

**Course Program Status (CB24):** 1 - Program Applicable;

# KERN COMMUNITY COLLEGE DISTRICT – CERRO COSO COLLEGE

## PHED C171 COURSE OUTLINE OF RECORD

1. **DISCIPLINE AND COURSE NUMBER:** PHED C171
2. **COURSE TITLE:** Women's Intercollegiate Volleyball
3. **SHORT BANWEB TITLE:** Intercollegiate Volleyball I
4. **COURSE AUTHOR:** Locke, William N.
5. **COURSE SEATS:** -
6. **COURSE TERMS:** 70 = Fall
7. **CROSS-LISTED COURSES:**
8. **PROPOSAL TYPE:** CC Course Revision
9. **START TERM:** 70 = Fall, 2013
10. **C-ID:**
11. **CATALOG COURSE DESCRIPTION:** This course allows students to participate in advanced level volleyball competition and skill development. The course emphasizes advanced skill, theory, tactics, strategy and intercollegiate competition. Students must meet California Community College Athletic Association Eligibility Guidelines.

### 12. GRADING METHOD

**Default:** S = Standard Letter Grade

**Optional:**

### 13. **TOTAL UNITS:** 1

### 14. INSTRUCTIONAL METHODS / UNITS & HOURS:

<u>Method</u>	<u>Min Units</u>	<u>Min Hours</u>
Lecture	0	0
Lab	0	0
Activity	0	0
Open Entry/Open Exit	0	0
Volunteer Work Experience	0	0
Paid Work Experience	0	0
Non Standard	1	175

Non-Standard Hours Justification: Intercollegiate athletics standard.

### 15. REPEATABILITY

**Type:** Activity/Other Repeatable

**Limit:** Three times

### 16. **MATERIALS FEE:** No

### 17. **CREDIT BY EXAM:** No

### 18. **CORE MISSION APPLICABILITY:** UC Transfer; CSU Transfer

### 19. **STAND-ALONE:** Yes

### 20. PROGRAM APPLICABILITY

**Required:**

**Restricted Elective:**

**Elective:** General Education ()

## **21. GENERAL EDUCATION APPLICABILITY**

**Local:** CC GE Area VII: Additional Requirements = Additional Requirements;

**IGETC:**

**CSU:**

**UC Transfer Course:**

**CSU Transfer Course:**

## **22. STUDENT LEARNING OUTCOMES Upon completion of the course, the student will be able to**

1. Participate in the sport of volleyball at the intercollegiate level.
2. Demonstrate improved volleyball related skills.
3. Demonstrate advanced offensive and defensive volleyball team strategies.

## **23. REQUISITES**

### **Prerequisite:**

Prerequisite

1. First year of eligibility: the student-athlete must be enrolled in a minimum of 12 units of course work during the season of sport.
2. Second year of eligibility: the student-athlete must have successfully completed 24 units of course work with a grade point average of 2.0 or above and be enrolled in a minimum of 12 units of new course work during the season of sport.

Must meet California Community College Athletic Association Eligibility Guidelines.

## **24. DETAILED TOPICAL OUTLINE:**

Lab:

### A. Advanced fundamental skills

1. Advanced flexibility and conditioning techniques
2. Setting
3. Passing
4. Serving
5. Spiking

### B. Offensive strategies

1. 6-2 offensive implementation
2. 5-1 offensive implementation
3. Position development within offensive framework
4. Serve/receive formation
  - a. W formation
  - b. Cup formation
5. Individual plays within offensive framework

### C. Offensive/defensive transition

1. Individual skill breakdown
2. Team skill breakdown

### D. Defensive strategies

1. Fundamentals
  - a. Blocking
  - b. Digging
  - c. Ball Reaction

2. Team defensive concepts
    - a. 6-Up
    - b. 6-back
  3. Defensive team movement
  4. Position development within defensive framework
- E. Eligibility and transfer requirements
1. California Community College Athletic Association eligibility requirements
  2. National Association of Intercollegiate Athletics transfer requirements
  3. National Collegiate Athletic Association transfer requirements
    - a. Division I
    - b. Division II
    - c. Division III

**25. METHODS OF INSTRUCTION--Course instructional methods may include but are not limited to**

1. Demonstration;
2. Discussion;
3. Peer analysis, critique & feedback;
4. Performance;
5. Problem Solving;
6. Skills Development and Performance;

**26. OUT OF CLASS ASSIGNMENTS: Out of class assignments may include but are not limited to**

- A. Mandatory participation/attendance at all team practice sessions and all Cerro Coso Community College Women's Intercollegiate Volleyball contests.
- B. Participation in team related community service activities.

**27. METHODS OF EVALUATION: Assessment of student performance may include but is not limited to**

- Participation in all practice sessions.
- Evaluation of student-athlete performance in daily conditioning drills (rubric).
- Evaluation of student-athlete performance in volleyball skills drills (rubric).
- Assessment of student-athlete performance during intercollegiate volleyball contests (rubric using game statistics).
- Assessment of student-athlete interaction during team play (rubric).
- Participation and attendance at all scheduled intercollegiate volleyball contests.
- Evaluation of problem-solving in a controlled team environment (rubric).

**28. TEXTS, READINGS, AND MATERIALS: Instructional materials may include but are not limited to**

**Textbooks**

National Collegiate Athletic Association. (2012) Women's Volleyball Rules and Interpretations, 2012-13, , The National Collegiate Athletic Association

**Manuals**

**Periodicals**

**Software**

**Other**



29. **METHOD OF DELIVERY:** Face to face;
30. **MINIMUM QUALIFICATIONS:** Coaching;Physical Education (Masters Required);
31. **APPROVALS:**

**Origination Date** 04/06/2012

**Last Outline Revision** 04/20/2012

**Curriculum Committee Approval** 04/12/2013

**Board of Trustees** 06/13/2013

**State Approval**

**UC Approval** 50 = Summer 2000 **UC Approval Status** Approved

**CSU Approval** 70 = Fall 2000 **CSU Approval Status** Approved

**IGETC Approval** **IGETC Approval Status** Proposed

**CSU GE Approval** **CSU GE Approval Status**

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### **Data Element Changes**

#### **Data Justification**

**Course Element Changes** Title Change  
Change/Update Course Outline  
Other (Describe in Summary)

**Course Change Justification** Repeatability change.

**Course ID (CB00)** CCC000163926

**TOP Code (CB03)** 0835.50 - Intercollegiate Athletics;

**Course Credit Status (CB04)** D - Credit - Degree Applicable;

**Course Transfer Status (CB05)** A = Transferable to both UC and CSU

**Course Units of Credit Maximum High (CB06):** 1

**Course Units of Credit Minimum Low (CB07):** 1

**Course Basic Skills (BS) Status (CB08):** N = Course is not a basic skills course.

**SAM Code (CB09):** E = Non-Occupational;

**Cooperative Education Course Status (CB10):** Not part of Coop Work Exp;

**Course Classification Code (CB11):** Not Applicable, Credit Course;

**Course Special Status (CB13):** N - Not Special;

**CAN Code (CB14):**

**CAN-Code Seq (CB15):**

**Course Prior to College Level (CB21):** Not Applicable;

**Course Non-Credit Category (CB22):** Not Applicable, Credit Course;

**Funding Agency Category (CB23):** Not Applicable

**Course Program Status (CB24):** 2 - Stand-alone;

# KERN COMMUNITY COLLEGE DISTRICT – CERRO COSO COLLEGE

## PHED C173 COURSE OUTLINE OF RECORD

1. **DISCIPLINE AND COURSE NUMBER:** PHED C173
2. **COURSE TITLE:** Intercollegiate Baseball
3. **SHORT BANWEB TITLE:** Intercollegiate Baseball
4. **COURSE AUTHOR:** Locke, William N.
5. **COURSE SEATS:** -
6. **COURSE TERMS:** 30 = Spring
7. **CROSS-LISTED COURSES:**
8. **PROPOSAL TYPE:** CC Course Revision
9. **START TERM:** 30 = Spring, 2014
10. **C-ID:**
11. **CATALOG COURSE DESCRIPTION:** This course involves participation in competition and skill development for Intercollegiate Baseball. There is an emphasis on advanced skill, theory, tactics and strategy utilized in intercollegiate competition. Students must meet California Community College Athletic Association Eligibility Guidelines.

### 12. GRADING METHOD

**Default:** S = Standard Letter Grade

**Optional:** P = Pass/No Pass; A = Audit

### 13. **TOTAL UNITS:** 1

### 14. INSTRUCTIONAL METHODS / UNITS & HOURS:

<u>Method</u>	<u>Min Units</u>	<u>Min Hours</u>
Lecture	0	0
Lab	0	0
Activity	0	0
Open Entry/Open Exit	0	0
Volunteer Work Experience	0	0
Paid Work Experience	0	0
Non Standard	1	175

Non-Standard Hours Justification:

### 15. REPEATABILITY

**Type:** Activity/Other Repeatable

**Limit:** Three times

### 16. **MATERIALS FEE:** No

### 17. **CREDIT BY EXAM:** No

### 18. **CORE MISSION APPLICABILITY:** UC Transfer; CSU Transfer

### 19. **STAND-ALONE:** Yes

### 20. PROGRAM APPLICABILITY

**Required:**

**Restricted Elective:**

**Elective:**

## **21. GENERAL EDUCATION APPLICABILITY**

**Local:**

**IGETC:**

**CSU:**

**UC Transfer Course:**

**CSU Transfer Course:**

## **22. STUDENT LEARNING OUTCOMES Upon completion of the course, the student will be able to**

1. demonstrate the offensive and defensive strategies in the sport of baseball at the intercollegiate level.
2. demonstrate advanced levels of hitting, fielding, throwing and base running at the intercollegiate level.
3. critically analyze and assess individual performances during practice and game situations.
4. interpret the advanced rules for the sport of Intercollegiate Baseball.

## **23. REQUISITES**

### **Prerequisite:**

Prerequisite

1. First year of eligibility: the student-athlete must be enrolled in a minimum of 12 units of course work during the season of sport.
2. Second year of eligibility: the student-athlete must have successfully completed 24 units of course work with a grade point average of 2.0 or above and be enrolled in a minimum of 12 units of new course work during the season of sport.

Must meet California Community College Athletic Association Eligibility Guidelines.

## **24. DETAILED TOPICAL OUTLINE:**

Lab:

- A. Proper conditioning skills
  1. Stretching techniques
  2. Cardiovascular endurance training techniques
  3. Long throwing techniques
- B. Fundamental skill
  1. Proper throwing techniques
  2. Proper catching techniques
  3. Proper hitting techniques
- C. Offensive theory
  1. Base-running techniques
    - a. Aggressiveness
    - b. Extra base
    - c. Game situation awareness
    - d. Run and hit concepts
    - e. Anticipation techniques
  2. Hit and run
  3. Bunt and run
  4. Squeeze play
  5. Stealing
- D. Defensive theory
  1. Cut -offs and relays
  2. Run down plays.
  3. Double plays
  4. Sacrifice plays

- E. Intra-squad games
  - 1. Pre-set drills
  - 2. Game situations
  - 3. Rule application
- F. Game day procedures
  - 1. Activities
  - 2. Pre-game meal
  - 3. Warm-up procedures
- G. Statistical analysis
  - 1. Game charts
  - 2. Pitching charts
  - 3. Offensive/defensive tendencies charts
- H. Eligibility and transfer requirements
  - 1. Cerro Coso Community College eligibility requirements
  - 2. California Community College Athletic Association eligibility requirements

**25. METHODS OF INSTRUCTION--Course instructional methods may include but are not limited to**

- 1. Demonstration;
- 2. Discussion;
- 3. Peer analysis, critique & feedback;
- 4. Performance;
- 5. Problem Solving;
- 6. Skills Development and Performance;

**26. OUT OF CLASS ASSIGNMENTS: Out of class assignments may include but are not limited to**

- A. Mandatory participation/attendance at all team practice sessions and all Cerro Coso Community College Intercollegiate Baseball contests.
- B. Participation in team related community service activities.

**27. METHODS OF EVALUATION: Assessment of student performance may include but is not limited to**

- Participation in all practice sessions.
- Evaluation of student-athlete performance in daily conditioning drills (rubric).
- Evaluation of student-athlete performance in baseball skills drills (rubric).
- Assessment of student-athlete performance during intercollegiate baseball contests (rubric using game statistics).
- Assessment of student-athlete interaction during team play (rubric).
- Participation and attendance at all scheduled intercollegiate baseball contests.
- Evaluation of problem-solving in a controlled team environment (rubric).

**28. TEXTS, READINGS, AND MATERIALS: Instructional materials may include but are not limited to**

**Textbooks**

National Collegiate Athletic Association. (2012) Men's Baseball Rules and Interpretations, 2012-13, , The National Collegiate Athletic Association

**Manuals**

**Periodicals**

**Software**

**Other**

29. **METHOD OF DELIVERY:** Face to face;

30. **MINIMUM QUALIFICATIONS:** Coaching;Physical Education (Masters Required);

31. **APPROVALS:**

**Origination Date** 03/28/2013

**Last Outline Revision** 10/17/2008

**Curriculum Committee Approval** 05/03/2013

Board of Trustees 06/13/2013

**State Approval**

**UC Approval** 50 = Summer 2000 **UC Approval Status** Approved

**CSU Approval** 50 = Summer 2000 **CSU Approval Status** Approved

**IGETC Approval** **IGETC Approval Status**

**CSU GE Approval** **CSU GE Approval Status**

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**Data Element Changes**

**Data Justification**

**Course Element Changes** Change/Update Course Outline  
Other (Describe in Summary)

**Course Change Justification** Repeatability and topical outline changes.

**Course ID (CB00)** CCC000250656

**TOP Code (CB03)** 0835.50 - Intercollegiate Athletics;

**Course Credit Status (CB04)** D - Credit - Degree Applicable;

**Course Transfer Status (CB05)** A = Transferable to both UC and CSU

**Course Units of Credit Maximum High (CB06):** 1

**Course Units of Credit Minimum Low (CB07):** 1

**Course Basic Skills (BS) Status (CB08):** N = Course is not a basic skills course.

**SAM Code (CB09):** E = Non-Occupational;

**Cooperative Education Course Status (CB10):** Not part of Coop Work Exp;

**Course Classification Code (CB11):** Not Applicable, Credit Course;

**Course Special Status (CB13):** N - Not Special;

**CAN Code (CB14):**

**CAN-Code Seq (CB15):**

**Course Prior to College Level (CB21):** Not Applicable;

**Course Non-Credit Category (CB22):** Not Applicable, Credit Course;

**Funding Agency Category (CB23):** Not Applicable

**Course Program Status (CB24):** 2 - Stand-alone;

# KERN COMMUNITY COLLEGE DISTRICT – CERRO COSO COLLEGE

## PHED C180 COURSE OUTLINE OF RECORD

1. **DISCIPLINE AND COURSE NUMBER:** PHED C180
2. **COURSE TITLE:** Women's Intercollegiate Soccer
3. **SHORT BANWEB TITLE:** Women's Soccer
4. **COURSE AUTHOR:** Kelly-Schwartz, Kimberlee E.
5. **COURSE SEATS:** 10-40
6. **COURSE TERMS:** 70 = Fall
7. **CROSS-LISTED COURSES:**
8. **PROPOSAL TYPE:** CC New Course
9. **START TERM:** 70 = Fall, 2013
10. **C-ID:**
11. **CATALOG COURSE DESCRIPTION:** This course allows students to participate in advanced level soccer competition and skill development. The course emphasizes advanced skill, theory, tactics, strategy and intercollegiate competition. Students must meet California Community College Athletic Association Eligibility Guidelines.

### 12. GRADING METHOD

**Default:** S = Standard Letter Grade

**Optional:** P = Pass/No Pass

### 13. **TOTAL UNITS:** 1

### 14. INSTRUCTIONAL METHODS / UNITS & HOURS:

<u>Method</u>	<u>Min Units</u>	<u>Min Hours</u>
Lecture	0	0
Lab	0	0
Activity	0	0
Open Entry/Open Exit	0	0
Volunteer Work Experience	0	0
Paid Work Experience	0	0
Non Standard	1	175

Non-Standard Hours Justification: Intercollegiate sport

### 15. REPEATABILITY

**Type:** Activity/Other Repeatable

**Limit:** Three times

### 16. **MATERIALS FEE:** No

### 17. **CREDIT BY EXAM:** No

### 18. **CORE MISSION APPLICABILITY:** UC Transfer; CSU Transfer

### 19. **STAND-ALONE:** Yes

### 20. PROGRAM APPLICABILITY

**Required:**

**Restricted Elective:**

**Elective:**

## **21. GENERAL EDUCATION APPLICABILITY**

**Local:** CC GE Area VII: Additional Requirements = Additional Requirements;

**IGETC:**

**CSU:** CSU GE Area E: Lifelong Understanding and Self-Development = E - Lifelong Understanding and Self-Development;

**UC Transfer Course:**

**CSU Transfer Course:** California State University, Bakersfield = 263 Intercollegiate Women's Soccer  
California State University, Chico = KINE 148V - Soccer: Women  
California State University, Fresno = ATHL 185. Soccer

## **22. STUDENT LEARNING OUTCOMES Upon completion of the course, the student will be able to**

1. participate in the sport of soccer at the intercollegiate level.
2. demonstrate improved soccer skills.
3. demonstrate advanced offensive and defensive soccer team strategies.

## **23. REQUISITES**

**Prerequisite:**

Prerequisite 1. First year of eligibility: the student-athlete must be enrolled in a minimum of 12 units of course work during the season of sport.

2. Second year of eligibility: the student-athlete must have successfully completed 24 units of course work with a grade point average of 2.0 or above and be enrolled in a minimum of 12 units of new course work during the season of sport.  
Must meet California Community College Athletic Association Eligibility Guidelines.

## **24. DETAILED TOPICAL OUTLINE:**

Lab:

A. Kicking and Passing Techniques

1. Inside foot pass
2. Outside foot pass
3. Instep kick

B. Heading Techniques

1. Heading for passing
2. Heading for goal
3. Heading for defensive penetration

C. Ball Collection

1. Head/chest
2. Thighs
3. Foot

D. Physical Conditioning

1. Endurance
2. Flexibility

E. Offensive Formations and Strategies

1. Creating space

- a. Team
  - b. Individual
- 2. Passing and support
- 3. Attacking flanks and the diagonal
  - a. Central positioning
  - b. Leading the receiver
- F. Defensive Formations and Strategies
  - 1. Defending Space
  - 2. Zone Defense
  - 3. Individual Marking
  - 4. Combination Schemes
- G. Eligibility and transfer requirements
  - 1. California Community College Athletic Association eligibility rules
  - 2. National Association of Intercollegiate Athletics transfer requirements
  - 3. National Collegiate Athletic Association transfer requirements
    - a. Division I
    - b. Division II
    - c. Division III

**25. METHODS OF INSTRUCTION--Course instructional methods may include but are not limited to**

- 1. Demonstration;
- 2. Discussion;
- 3. Peer analysis, critique & feedback;
- 4. Performance;
- 5. Problem Solving;
- 6. Skills Development and Performance;

**26. OUT OF CLASS ASSIGNMENTS: Out of class assignments may include but are not limited to**

Mandatory participation/attendance at all team practice sessions and at all Cerro Coso Community College Women's Intercollegiate Soccer contests.  
Participation in team related community service activities such as Coyotes in the Classroom.  
Travel with team to games and events.

**27. METHODS OF EVALUATION: Assessment of student performance may include but is not limited to**

Evaluation of student-athlete performance in daily conditioning drills.  
EXAMPLE- one mile run test  
Evaluation of student-athlete performance in soccer skills drills.  
EXAMPLE-skills assessment- 25 goals shots, how many made  
EXAMPLE- Goalkeeper drills, how many shots get though out of 100.

**28. TEXTS, READINGS, AND MATERIALS: Instructional materials may include but are not limited to**

**Textbooks**

No Author. (2000) No Textbook Is Required, , No Publisher  
This is for no textbook option



No Author. (2000) No Textbook Is Required, , No Publisher  
This is for no textbook option  
No Author. (2000) No Textbook Is Required, , No Publisher  
This is for no textbook option  
No Author. (2000) No Textbook Is Required, , No Publisher  
This is for no textbook option  
No Author. (2000) No Textbook Is Required, , No Publisher  
This is for no textbook option  
National Collegiate Athletic Association. (2012) 2012-2013 Soccer Rules  
(2 Year Publication), , The National Collegiate Athletic Association

**Manuals**

**Periodicals**

**Software**

**Other**

29. **METHOD OF DELIVERY:** Face to face;

30. **MINIMUM QUALIFICATIONS:** Coaching;Physical Education (Masters Required);

31. **APPROVALS:**

**Origination Date** 04/05/2013

**Last Outline Revision**

**Curriculum Committee Approval** 05/03/2013

**Board of Trustees** 06/13/2013

**State Approval** 06/14/2013

**UC Approval** 50 = Summer 2013 **UC Approval Status** Proposed

**CSU Approval** 50 = Summer 2013 **CSU Approval Status** Approved

**IGETC Approval** **IGETC Approval Status** Proposed

**CSU GE Approval** **CSU GE Approval Status** Proposed

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### **Data Element Changes**

**Data Justification** New intercollegiate sport offering

### **Course Element Changes**

#### **Course Change Justification**

**Course ID (CB00)** CCC000545451

**TOP Code (CB03)** 0835.50 - Intercollegiate Athletics;

**Course Credit Status (CB04)** D - Credit - Degree Applicable;

**Course Transfer Status (CB05)** A = Transferable to both UC and CSU

**Course Units of Credit Maximum High (CB06):** 1

**Course Units of Credit Minimum Low (CB07):** 1

**Course Basic Skills (BS) Status (CB08):** N = Course is not a basic skills course.

**SAM Code (CB09):** E = Non-Occupational;

**Cooperative Education Course Status (CB10):** Not part of Coop Work Exp;

**Course Classification Code (CB11):** Not Applicable, Credit Course;

**Course Special Status (CB13):** N - Not Special;

**CAN Code (CB14):**

**CAN-Code Seq (CB15):**

**Course Prior to College Level (CB21):** Not Applicable;

**Course Non-Credit Category (CB22):** Not Applicable, Credit Course;

**Funding Agency Category (CB23):** Not Applicable

**Course Program Status (CB24):** 2 - Stand-alone;

# KERN COMMUNITY COLLEGE DISTRICT – CERRO COSO COLLEGE

## PHED C181 COURSE OUTLINE OF RECORD

1. **DISCIPLINE AND COURSE NUMBER:** PHED C181
2. **COURSE TITLE:** Intercollegiate Softball I
3. **SHORT BANWEB TITLE:**
4. **COURSE AUTHOR:** Kelly, Kimberlee E.
5. **COURSE SEATS:** -
6. **COURSE TERMS:** 30 = Spring
7. **CROSS-LISTED COURSES:**
8. **PROPOSAL TYPE:** CC Course Revision
9. **START TERM:** 30 = Spring, 2017
10. **C-ID:**
11. **CATALOG COURSE DESCRIPTION:** This course involves participation in a high level of competition and skill development in softball. There is an emphasis on advanced skill, theory, tactics, and strategy in intercollegiate softball competition. All students must meet California Community College Athletics Association Athletic Code. Enrollment is limited to intercollegiate athletes.

### 12. GRADING METHOD

**Default:** S = Standard Letter Grade

**Optional:** A = Audit; P = Pass/No Pass

### 13. **TOTAL UNITS:** 1

### 14. INSTRUCTIONAL METHODS / UNITS & HOURS:

<u>Method</u>	<u>Min Units</u>	<u>Min Hours</u>
Lecture	0	0
Lab	0	0
Activity	0	0
Open Entry/Open Exit	0	0
Volunteer Work Experience	0	0
Paid Work Experience	0	0
Non Standard	1	175

Non-Standard Hours Justification:

### 15. REPEATABILITY

**Type:** Activity/Other Repeatable

**Limit:** Three times

### 16. **MATERIALS FEE:** No

### 17. **CREDIT BY EXAM:** No

### 18. **CORE MISSION APPLICABILITY:** CSU Transfer

### 19. **STAND-ALONE:** No

### 20. PROGRAM APPLICABILITY

**Required:** General Education (AA Degree Program)  
General Education (AA Degree Program)  
General Education ( )

**Restricted Elective:**

**Elective:**

## 21. GENERAL EDUCATION APPLICABILITY

**Local:** CC GE Area VII: Additional Requirements = Additional Requirements;

**IGETC:**

**CSU:** CSU GE Area E: Lifelong Understanding and Self-Development = E - Lifelong Understanding and Self-Development;

**UC Transfer Course:**

**CSU Transfer Course:**

## 22. STUDENT LEARNING OUTCOMES Upon completion of the course, the student will be able to

1. Perform softball skills related to athlete's position and team objectives.
2. Compete in a highly organized team sport at a collegiate performance level of competition.
3. Apply the skills and techniques specific to softball competitive play.
4. Identify the official rules and their interpretations in game play.
5. Display proper sportsmanship both on and off the field.

## 23. REQUISITES

**Prerequisite:**

All students must meet CCCCAA Athletic Code Eligibility Guidelines. Participants must be enrolled in a minimum of 12 units during the season of competition.

Content Review

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## 24. DETAILED TOPICAL OUTLINE:

Lecture:

- A. Proper Conditioning Skills
  1. Stretching techniques
  2. Cardiovascular endurance training and techniques
  3. Throwing and catching techniques
- B. Fundamental Skills
  1. Proper throwing techniques
  2. Proper catching techniques
  3. Proper hitting techniques
- C. Offensive Theory
  1. Proper base running techniques
    - a. Aggressiveness
    - b. Taking the extra base
    - c. Knowing the game situation
    - d. Coordinating the running with hitting
    - e. Getting a jump on the ball
  2. Hit and run
  3. Bunt and run
  4. Squeeze play

5. Stealing
- D. Defensive Theory
  1. Handling cut-offs and relays
  2. Run down plays
  3. Double plays
  4. Handling sacrifice plays
- E. Intra-squad Games
  1. Situations will be pre-set to drill the team
  2. Games will be adapted to the situation desired
  3. Understanding of the rules will be stressed
- F. Game Day Procedures
  1. Activities
  2. Pre-game meal
  3. Warm-up procedures
- G. Statistical Analysis
  1. Game charts
  2. Pitching charts
  3. Offensive/defensive tendencies charts
- H. Eligibility and Transfer Requirements
  1. Cerro Coso eligibility requirements
  2. California community College Athletics Association eligibility requirements.
  3. NAIA transfer requirements.
  4. NCAA transfer requirements.

**25. METHODS OF INSTRUCTION--Course instructional methods may include but are not limited to**

1. Demonstration;
2. Discussion;
3. Group Work;
4. Lecture;
5. Performance;
6. Skills Development and Performance;
7. Other Methods: Activity

**26. OUT OF CLASS ASSIGNMENTS: Out of class assignments may include but are not limited to**

Mandatory participation at all team practice sessions and contests. Study of CCCAA eligibility and transfer rules for intercollegiate athletes in preparation for quizzes and exams. Study of NCAA Softball rules and regulations in preparation for quizzes and exams.

**27. METHODS OF EVALUATION: Assessment of student performance may include but is not limited to**

Student grading will be based on participation in all practice sessions and scheduled contests. Quizzes or exams of Rules as related to NCAA and CCCAA guidelines.

**28. TEXTS, READINGS, AND MATERIALS: Instructional materials may include but are not limited to**

**Textbooks**

No Author. (2000) No Textbook Is Required, , No Publisher  
This is for no textbook option  
No Author. (2000) No Textbook Is Required, , No Publisher  
This is for no textbook option  
No Author. (2000) No Textbook Is Required, , No Publisher  
This is for no textbook option  
No Author. (2000) No Textbook Is Required, , No Publisher  
This is for no textbook option

**Manuals**

**Periodicals**

**Software**

**Other**

California Community College Athletics Handbook for eligibility and transfer students.  
NCAA softball rules and regulations

29. **METHOD OF DELIVERY:** Face to face;

30. **MINIMUM QUALIFICATIONS:** Coaching; Physical Education (Masters Required);

31. **APPROVALS:**

**Origination Date** 01/04/2001

**Last Outline Revision** 04/15/2016

**Curriculum Committee Approval** 04/29/2016

**Board of Trustees** 06/09/2016

**State Approval** 10/19/2011

**UC Approval** 30 = Spring 2001 **UC Approval Status** Approved

**CSU Approval** 50 = Summer 2000 **CSU Approval Status** Approved

**IGETC Approval** **IGETC Approval Status**

**CSU GE Approval** 30 = Spring 2000 **CSU GE Approval Status** Approved

**Data Element Changes**

**Data Justification**

**Course Element Changes** Change/Update Course Outline  
Add/Update course content

**Course Change Justification**

**Course ID (CB00)** CCC000319249

**TOP Code (CB03)** 0835.50 - Intercollegiate Athletics;

**Course Credit Status (CB04)** D - Credit - Degree Applicable;

**Course Transfer Status (CB05)** B = Transferable to CSU only

**Course Units of Credit Maximum High (CB06):** 1

**Course Units of Credit Minimum Low (CB07):** 1

**Course Basic Skills (BS) Status (CB08):** N = Course is not a basic skills course.

**SAM Code (CB09):** E = Non-Occupational;

**Cooperative Education Course Status (CB10):** Not part of Coop Work Exp;

**Course Classification Code (CB11):** Liberal Arts and Sciences;

**Course Special Status (CB13):** N - Not Special;

**CAN Code (CB14):**

**CAN-Code Seq (CB15):**

**Course Prior to College Level (CB21):** Not Applicable;

**Course Non-Credit Category (CB22):** Not Applicable, Credit Course;

**Funding Agency Category (CB23):** Not Applicable

**Course Program Status (CB24):** 1 - Program Applicable;