

ATHPE160 : Softball Conditioning

General Information

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Course Code (CB01) :	ATHPE160
Course Title (CB02) :	Softball Conditioning
Department:	ATHPE
Proposal Start:	Fall 2025
TOP Code (CB03) :	(0835.50) Intercollegiate Athletics
CIP Code:	(31.0501) Sports, Kinesiology, and Physical Education/Fitness, General.
SAM Code (CB09) :	Non-Occupational
Distance Education Approved:	No
Will this course be taught asynchronously?:	No
Course Control Number (CB00) :	CCC000602523
Curriculum Committee Approval Date:	02/26/2025
Board of Trustees Approval Date:	04/22/2025
Last Cyclical Review Date:	02/26/2025
Course Description and Course Note:	ATHPE 160 is designed for the student-athlete and is intended to provide focused strength and conditioning exercises with an emphasis on safety, injury prevention, rules, and game plays for softball. Note: ATHPE 160 is designed for the intercollegiate softball team. May be taken 4 times for credit.
Justification:	Mandatory Revision
Academic Career:	<ul style="list-style-type: none">Credit
Mode of Delivery:	<ul style="list-style-type: none">In-Person
Author:	No value
Course Family:	No value

Academic Senate Discipline

Primary Discipline:	<ul style="list-style-type: none">Coaching
Alternate Discipline:	No value
Alternate Discipline:	No value

Course Development

Basic Skill Status (CB08)

Course is not a basic skills course.

Allow Students to Gain Credit by Exam/Challenge

Course Special Class Status (CB13)

Course is not a special class.

Pre-Collegiate Level (CB21)

Not applicable.

Grading Basis

- Grade with Pass / No-Pass Option

Course Support Course Status (CB26)

Course is not a support course

General Education and C-ID

General Education Status (CB25)

Not Applicable

Transferability

Transferable to both UC and CSU

Transferability Status

Approved

CSU GE-Breadth Area	Area	Status	Approval Date	Comparable Course
E-Lifelong Learning and Self-Development	Lifelong Learning and Self-Development	Approved	08/28/2023	No Comparable Course defined.

Units and Hours

Summary

Minimum Credit Units (CB07)	1.5
Maximum Credit Units (CB06)	1.5
Total Course In-Class (Contact) Hours	81
Total Course Out-of-Class Hours	0
Total Student Learning Hours	81

Credit / Non-Credit Options

Course Type (CB04)

Credit - Degree Applicable

Noncredit Course Category (CB22)

Credit Course.

Noncredit Special Characteristics

No Value

Course Classification Code (CB11)

Credit Course.

Variable Credit Course

Funding Agency Category (CB23)

Not Applicable.

Cooperative Work Experience Education Status (CB10)

Weekly Student Hours

	In Class	Out of Class
Lecture Hours	0	0
Laboratory Hours	4.5	0
Studio Hours	0	0

Course Student Hours

Course Duration (Weeks)	18
Hours per unit divisor	0

Course In-Class (Contact) Hours

Lecture	0
Laboratory	81
Studio	0
Total	81

Course Out-of-Class Hours

Lecture	0
Laboratory	0
Studio	0
Total	0

Time Commitment Notes for Students

No value

Units and Hours - Weekly Specialty Hours

Activity Name	Type	In Class	Out of Class
No Value	No Value	No Value	No Value

Prerequisites, Corequisites, Recommended Corequisites, and Recommended Preparation

No Value

Entry Standards

Entry Standards	Description
Explain intermediate knowledge of softball biomechanics.	No Value
Demonstrate intermediate techniques of softball biomechanics.	No Value

Engage in cardiovascular and mental training at moderate to vigorous levels.	No Value
Integrate intermediate softball knowledge to strength training movements.	No Value
Apply strength training exercises to softball specific movements.	No Value

Course Limitations	
Cross Listed or Equivalent Course	Description
No value	No value

Specifications	
Methods of Instruction	
Methods of Instruction	Laboratory
Methods of Instruction	Discussion
Methods of Instruction	Multimedia
Methods of Instruction	Tutorial
Methods of Instruction	Collaborative Learning
Methods of Instruction	Demonstrations
Methods of Instruction	Field Activities (Trips)

Methods of Instruction

Guest Speakers

Out of Class Assignments

- Fitness analysis (e.g. body weight, body composition, recognized perceived exertion)
- Field activities (e.g. physical exercise to enhance in-class activity)

Methods of Evaluation**Rationale**

Evaluation

Demonstration

Activity (answering journal prompt, group activity)

Group participation

Activity (answering journal prompt, group activity)

One repetition strength tests (e.g. one repetition of maximum weight for squats)

Activity (answering journal prompt, group activity)

Timed sprints and long distance runs

Exam/Quiz/Test

Multiple repetition strength tests (e.g. timed push-ups)

Exam/Quiz/Test

Static strength tests

Textbook Rationale

No Value

Textbooks**Author****Title****Publisher****Date****ISBN**

No Value

No Value

No Value

No Value

No Value

Other Instructional Materials (i.e. OER, handouts)**Description**

NCAA 2024 and 2025 Softball Rules Book

Author

National Collegiate Athletics Association

Citation

No value

Online Resource(s)<https://www.ncaapublications.com/p-4683-2024-and-2025-softball-rules-book.aspx>**Learning Outcomes****Course Objectives**

Perform an advanced level of physical skills relative to participation in intercollegiate competition.

Execute offensive and defensive strategies used at the collegiate competitive level.

Demonstrate softball-specific movements at moderate to advanced levels.

Demonstrate softball-specific strength and conditioning techniques.

Increase physical fitness, strength and softball-specific techniques.

SLOs

Demonstrate and apply safety rules and procedures to effectively participate in a physical movement.

Expected Outcome Performance: 70.0

ILOs Analyze and solve problems using critical, logical, and creative thinking; ask questions, pursue a line of inquiry, and derive conclusions; cultivate creativity that leads to innovative ideas.
Core ILOs

Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or methodologies to solve unique problems.

ATHPE Demonstrate and apply safety rules and procedures to effectively participate in physical movement.
Core

PLOs Integrate and execute advanced cooperative skills needed to perform at a high level of play.

Develop physical skills in softball for increased success at the intercollegiate level.

Expected Outcome Performance: 70.0

ATHPE Demonstrate and apply safety rules and procedures to effectively participate in physical movement.
Core

PLOs Integrate and execute advanced cooperative skills needed to perform at a high level of play.

ILOs Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or methodologies to solve unique problems.
Core ILOs

Develop and apply a cardiovascular training program as it applies to intercollegiate softball.

Expected Outcome Performance: 70.0

ILOs Analyze and solve problems using critical, logical, and creative thinking; ask questions, pursue a line of inquiry, and derive conclusions; cultivate creativity that leads to innovative ideas.
Core ILOs

Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or methodologies to solve unique problems.

Develop and apply a strength training program as it applies to intercollegiate softball.

Expected Outcome Performance: 70.0

ILOs Analyze and solve problems using critical, logical, and creative thinking; ask questions, pursue a line of inquiry, and derive conclusions; cultivate creativity that leads to innovative ideas.
Core ILOs

Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or methodologies to solve unique problems.

Additional SLO Information

Does this proposal include revisions that might improve student attainment of course learning outcomes?

No

Is this proposal submitted in response to learning outcomes assessment data?

No

If yes was selected in either of the above questions for learning outcomes, explain and attach evidence of discussions about learning outcomes.

No Value

SLO Evidence

No Value

Course Content

Lecture Content

No value

Laboratory/Studio Content

Strength Training for Softball (28 hours)

- Core
- Upper body
- Lower body
- Injury prevention
- Arm care

Plyometric Training for Softball (12 hours)

- Acceleration and deceleration
- Footwork
- Agility drills

Situational Training in Softball (12 hours)

- Offensive strategies
- Defensive strategies
- Teamwork between positions
- Executing strategic plays

Cardiovascular Training in Softball (24 hours)

- Sprinting endurance
- Dynamic explosive movements

Application of Rules in Softball (5 hours)

- Defensive rule interpretation and strategies
- Offensive rule interpretation and strategies

Total Hours: 81

Additional Information

Repeatability

Repeatable

Justification (if repeatable was chosen above)

Intercollegiate athletics (must have ATHPE prefix and intercollegiate TOP code of 0835.50)

Is it possible this course will have a material fee?

No Value

I have contacted my library liaison (<https://campusguides.glendale.edu/faculty/liasons>):

No Value

What term(s) will this course be offered?

No Value

Will any additional resources be needed for this course? (Click all that apply)

No Value

If additional resources are needed, add a brief description and cost in the box provided.

No Value

Resources

Did you contact your departmental library liaison?

No

If yes, who is your departmental library liaison?

Becka Cooling (Kinesiology, Social Sciences)

Did you contact the DEIA liaison?

No

Were there any DEIA changes made to this outline?

No

If yes, in what areas were these changes made:

No Value

Will any additional resources be needed for this course? (Click all that apply)

- No

If additional resources are needed, add a brief description and cost in the box provided.

No Value