

# Glendale College

## Course Outline of Record Report

Course ID 003073  
Revision - November 2025

### ATHPE131 : Off-Season Training for Intercollegiate Softball

#### General Information

|   |  |
|---|--|
| Author:                                     | • Erin Calderone   |
| Course Code (CB01) :                        | ATHPE131   |
| Course Title (CB02) :                       | Off-Season Training for Intercollegiate Softball   |
| Department:                                 | ATHPE  |
| Proposal Start:                             | Fall 2026  |
| TOP Code (CB03) :                           | (0835.50) Intercollegiate Athletics  |
| CIP Code:                                   | (31.0501) Sports, Kinesiology, and Physical Education/Fitness, General.  |
| SAM Code (CB09) :                           | E - Non-Occupational   |
| Distance Education Approved:                | No   |
| Will this course be taught asynchronously?: | No   |
| Course Control Number (CB00) :              | CCC000574699   |
| Curriculum Committee Approval Date:         | 11/12/2025   |
| Board of Trustees Approval Date:            | 12/09/2025   |
| Last Cyclical Review Date:                  | 08/01/2020   |
| Course Description and Course Note:         | ATHPE 131 provides instruction and practice for intercollegiate softball focusing on fundamental techniques of competitive softball. This course is designed to provide further advancement in fundamental skill, team strategies, effective communication, and conditioning for intercollegiate competition. Note: This class is off-season training for students who are interested in competing on an intercollegiate women's soccer team. Note: May be taken 4 times for credit. |
| Justification:                              | Content Change   |
| Academic Career:                            | • Credit   |
| Mode of Delivery:                           | No value   |
| Author:                                     | No value   |
| Course Family:                              | No value   |

#### Academic Senate Discipline

|                       |            |
|-----------------------|------------|
| Primary Discipline:   | • 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. |

| GCC General Education Requirements | Area              | Status  | Approval Date | Comparable Course             |
|------------------------------------|-------------------|---------|---------------|-------------------------------|
| Area 8: Lifelong Learning          | Lifelong Learning | Pending | No value      | No Comparable Course defined. |

### Units and Hours

**Summary**

|  |           |
|--|-----------|
| <b>Minimum Credit Units (CB07)</b>           | 2         |
| <b>Maximum Credit Units (CB06)</b>           | 4         |
| <b>Total Course In-Class (Contact) Hours</b> | 90 - 180  |
| <b>Total Course Out-of-Class Hours</b>       | 18 - 36   |
| <b>Total Student Learning Hours</b>          | 108 - 216 |

**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    | 0.5 - 1  | 1 - 2        |
| Laboratory Hours | 4.5 - 9  | 0            |
| Studio Hours     | 0        | 0            |

**Course Student Hours**

|  |          |
|--|----------|
| <b>Course Duration (Weeks)</b>         | 18       |
| <b>Hours per unit divisor</b>          | 54       |
| <b>Course In-Class (Contact) Hours</b> |          |
| Lecture                                | 9 - 18   |
| Laboratory                             | 81 - 162 |
| Studio                                 | 0        |
| <b>Total</b>                           | 90 - 180 |
| <b>Course Out-of-Class Hours</b>       |          |
| Lecture                                | 18 - 36  |
| Laboratory                             | 0        |
| Studio                                 | 0        |
| <b>Total</b>                           | 18 - 36  |

**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 |
|--|-------------|
| Perform throwing, catching and/or hitting skills appropriate for intercollegiate softball. | No Value    |

|  |          |
|--|----------|
| Define National Collegiate Athletic Association (NCAA) softball rules. | No Value |
| Participate in rigorous physical activity.                             | No Value |
| Participate and interact in a team environment.                        | No Value |
| Maintain positive individual behaviors to enhance team dynamics.       | No Value |

### Course Limitations

| Cross Listed or Equivalent Course | Description |
|-----------------------------------|-------------|
| No value                          | No value    |

### Requisite Validation

|  |
|--|
| <b>Upload Statistical Validation and/or other documents (if necessary)</b> |
| No Value   |

### Specifications

|                               |            |
|-------------------------------|------------|
| <b>Methods of Instruction</b> |            |
| Methods of Instruction        | Lecture    |
| Methods of Instruction        | Laboratory |
| Methods of Instruction        | Discussion |
| Methods of Instruction        | Multimedia |

|                               |                        |
|-------------------------------|------------------------|
| <b>Methods of Instruction</b> | Collaborative Learning |
|-------------------------------|------------------------|

|                               |                |
|-------------------------------|----------------|
| <b>Methods of Instruction</b> | Demonstrations |
|-------------------------------|----------------|

|                               |                |
|-------------------------------|----------------|
| <b>Methods of Instruction</b> | Guest Speakers |
|-------------------------------|----------------|

|   |
|---|
| <p><b>Out of Class Assignments</b></p> <ul style="list-style-type: none"> <li>• Evaluation of skills during simulated games and practices</li> <li>• Setting individual standards</li> <li>• Evaluation of video</li> <li>• Statistical scouting</li> </ul> |
|---|

| <b>Methods of Evaluation</b>                        | <b>Description of Activity/Interaction</b>                |
|---|---|
| Exam/Quiz/Test                                      | Skill exams   |
| Evaluation  | Demonstration evaluations                                 |
| Activity (answering journal prompt, group activity) | Elimination contests (e.g. simulated mini softball games) |
| Exam/Quiz/Test                                      | Written examination                                       |

|  |
|--|
| <p><b>Textbook Rationale</b></p> <p>No Value</p> |
|--|

| <b>Textbooks</b> |              |                  |             |             |
|------------------|--------------|------------------|-------------|-------------|
| <b>Author</b>    | <b>Title</b> | <b>Publisher</b> | <b>Date</b> | <b>ISBN</b> |
| No Value         | No Value     | No Value         | No Value    | No Value    |

|   |   |
|---|---|
| <b>Other Instructional Materials (i.e. OER, handouts)</b> |   |
| <b>Description</b>  | 2024 and 2025 Softball Rules Book   |
| <b>Author</b>   | National Collegiate Athletics Association   |
| <b>Citation</b>   | 2024  |
| <b>Online Resource(s)</b>                                 | <a href="https://ncaapublications.com/products/2024-and-2025-softball-rules-book">https://ncaapublications.com/products/2024-and-2025-softball-rules-book</a> |

|                                 |
|---------------------------------|
| <p><b>Learning Outcomes</b></p> |
|---------------------------------|

**Course Objectives**

Identify and analyze concepts of individual strategies.

Identify and analyze concepts of team strategies.

Utilize and apply film analysis and simulated game situations for competition.

Show advanced collegiate level skills.

Review and practice offensive schemes.

Review and practice defensive schemes.

Breakdown and apply practical and general knowledge of the game of softball.

Model and apply practical and general knowledge of rules and decorum policies.

Integrate conditioning and weight training into daily practices.

Recognize the role of nutrition in athletic performance.

Demonstrate the ability to work with a team as a unit and develop team concepts.

**SLOs**

**Demonstrate and apply safety rules and procedures to effectively participate in a collegiate sport.**

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  
Core creativity that leads to innovative ideas.  
*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.**

Expected Outcome Performance: 70.0

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

|                       |  |
|-----------------------|--|
| ATHPE<br>Core<br>PLOs | Integrate and execute advanced cooperative skills needed to perform at a high level of play. |
|-----------------------|--|

### Implement and apply technical and tactical skills necessary for collegiate competition.

Expected Outcome Performance: 70.0

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

|                       |  |
|-----------------------|--|
| ATHPE<br>Core<br>PLOs | Implement and apply conditioning, weight training, and sport specific skills necessary for collegiate competition. |
|-----------------------|--|

## Additional SLO Information

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

No Value

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

No Value

### 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

#### Team Philosophies and Rules (1-3 hours)

- Sportsmanship
- Team rules
- Individual/team goal setting
- NCAA rules and regulations
- CCCAA Decorum Policies

#### Safety for Softball (2-4 hours)

- Protective athletic equipment
- Shagging balls
- Batting cage
- Defensive stations

- Throwing stations
- Proper warm-up
- Arm care

**Understanding Team Dynamics (3-6 hours)**

- Creating a positive environment
- Controlling emotions
- Effective communication

**Nutritional Aspects of Effective Training (2-4 hours)****Definitions of Diversity, Inclusion, inequality and discrimination in Sports Competition (1 hour)**

- Gender
- Race/ethnicity
- Sexuality
- Religion

**Total Hours: 9-18****Laboratory/Studio Content****Fundamental Conditioning Skills for Softball (24-48 hours)**

- Agility
- Coordination
- Muscular strength
- Muscular and cardiovascular endurance
- Plyometric
- Hand eye coordination

**Advanced Fundamental Skills in Softball (27-54 hours)**

- Throwing
- Take away
- Glove position
- Core movement
- Pronation
- Extension
- Finish
- Catching
- Receiving
- Glove to hand transfer
- Footwork
- Fielding
- Preparation steps
- Short hop
- Long hop
- Fly ball
- Line drive
- In between hop
- Batting
- Stance
- Load
- Swing
- Sacrifice bunting
- Base running
- First base
- Second base
- Third base
- Reactions to batted balls
- Pitching
- Changeup
- Curveball
- Slider
- Signs from catcher
- Fielding position

**Advanced Game Strategy (30-60 hours)**

- Selection of starting lineup
- Pitch selection
- Defensive positioning
- Offensive pitch selection
- Base stealing cues
- Charting opposing team

**Total Hours: 81-162****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

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

No

**What term(s) will this course be offered?**

Fall

**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