

# Glendale College Course Outline of Record Report

Course ID 003074  
Revision - November 2025

## ATHPE130 : Intercollegiate Softball

### General Information

Author:	<ul style="list-style-type: none"> <li>Erin Calderone</li> </ul>
Course Code (CB01) :	ATHPE130
Course Title (CB02) :	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) :	CCC000575338
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 130 is an advanced course designed for students who plan to compete at the collegiate level in the sport of softball. This course emphasizes conditioning, advanced skill, theory, tactics, strategy and intercollegiate competition. Student-athletes are required to meet the standards for the California Community College Athletic Association (CCCAA) eligibility guidelines and decorum policies. Note: ATHPE 130 is designed for intercollegiate softball. Note: May be taken 4 times for credit.
Justification:	Content Change
Academic Career:	<ul style="list-style-type: none"> <li>Credit</li> </ul>
Mode of Delivery:	No value
Author:	No value
Course Family:	No value

### Academic Senate Discipline

Primary Discipline:	<ul style="list-style-type: none"> <li>Coaching</li> </ul>
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

E-Lifelong Learning and Self-Development

### Area

Lifelong Learning and Self-Development

### Status

Approved

### Approval Date

No value

### Comparable Course

No Comparable Course defined.

### GCC General Education Requirements

Area 8: Lifelong Learning

### Area

Lifelong Learning

### Status

Pending

### Approval Date

No value

### Comparable Course

No Comparable Course defined.

## Units and Hours

### Summary

**Minimum Credit Units (CB07)**

4

**Maximum Credit Units (CB06)**

4

**Total Course In-Class (Contact) Hours**

180

**Total Course Out-of-Class Hours**

36

**Total Student Learning Hours**

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	1	2
Laboratory Hours	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	18
Laboratory	162
Studio	0
<b>Total</b>	180
<b>Course Out-of-Class Hours</b>	
Lecture	36
Laboratory	0
Studio	0
<b>Total</b>	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
Apply a variety of softball skills appropriate for intercollegiate softball.	No Value

Integrate National Collegiate Athletic Association (NCAA) rules and CCCAA decorum policies into weekly competition.	No Value
Display cardiovascular health, muscular strength and endurance.	No Value
Utilize verbal communication and softball terms necessary for collegiate competition.	No Value
Demonstrate how to apply workable solutions within a team environment.	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			
<b>Out of Class Assignments</b>				
<ul style="list-style-type: none"> <li>• Game evaluation (e.g. written evaluations regarding positive and negative performances with player feedback)</li> <li>• Game analysis (e.g. written summary and review of game film both team and individual)</li> <li>• Statistical analysis (e.g. written summary of expectations of opponents as it applies to their game statistics)</li> </ul>				
<b>Methods of Evaluation</b>	<b>Description of Activity/Interaction</b>			
Presentation (group or individual)	Demonstration evaluations (e.g. execution of offensive and defensive plays)			
Activity (answering journal prompt, group activity)	Biomechanical analysis through video			
Other	Weekly competition			
Exam/Quiz/Test	Written and verbal exams (e.g. offensive and defensive sign system)			
<b>Textbook Rationale</b>				
No Value				
<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>	Softball 2020-2021 Rules and Interpretations			
<b>Author</b>	National Collegiate Athletic Association			
<b>Citation</b>	National Collegiate Athletic Association, 2020. Softball 2020-2021 Rules and Interpretations. Digital file.			
<b>Online Resource(s)</b>	No value			

## Learning Outcomes

### 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

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

Expected Outcome Performance: 70.0

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

*ATHPE* Implement and apply conditioning, weight training, and sport specific skills necessary for collegiate competition.  
Core  
PLOs

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

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

**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

## 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 of Softball (4 hours)

- Sportsmanship
- Team rules
- Individual/team goal setting
- NCAA rules
- California Community College Athletic Association Decorum

- Training room policies and procedures for treatment

#### **Safety for Softball (4 hours)**

- Batting practice awareness
- Proper warm up
- Proper cool down
- Arm care
- Strength training to prevent injury

#### **Understanding Team Dynamics (4 hours)**

- Creating a positive team environment
- Effective communication
- Dealing with failure

#### **Nutrition for the Competitive Athlete (4 hours)**

- Hydration
- Eating balanced meals
- Carbohydrate and protein combinations
- Packing smart snacks
- Supplements: Good or bad

#### **Definitions of Diversity, Inclusion, inequality and discrimination in Sports Competition (2 hours)**

- Gender
- Race/ethnicity
- Sexuality
- Religion

**Total hours: 18**

### **Laboratory/Studio Content**

#### **Fundamental Conditioning for Softball (18 hours)**

- Agility
- Coordination
- Specific muscle group development
- Muscular and cardiovascular endurance
- Plyometric
- Core training

#### **Advanced Fundamental Skills in Softball (48 hours)**

- Batting
- Approach
- Recognition of pitches
- Pitch selection
- Situational hitting
- Bunting for a base hit
- Squeeze play
- Hit and run
- Pitching
- Run control
- Pitch selection
- Pitch location
- Base running
- Stealing second base
- Stealing third base
- Stealing home
- Ball in dirt
- Reaction to batted ball
- Fielding
- Force plays
- Tag plays
- Double plays
- Triple plays
- Run downs
- Relays

**Offensive Strategies for Intercollegiate Softball Competition (45 hours)**

- Signs from coach
- First and third base offense
- Shade bunt
- Suicide squeeze
- Taking pitches
- Charting opposing team tendencies
- Applying chart information
- Substitutions

**Defensive Strategies for Intercollegiate Softball Competition (51 hours)**

- Signs from coach
- First and third base defense
- Defending the squeeze play
- Bases loaded pick off plays
- Intentional walk
- Pitch out
- Shifting
- Substitutions

**Total hours: 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/liaisons>):**

No

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

Spring

**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