

PE 282, Professional Activities – Theory of Softball

Instructor Objectives/Goals

1. Analyze and identify offensive situations and strategy as it relates to the game of fast pitch softball.
2. Analyze defensive positions and situations and provide strategy as it relates to the game of fast pitch softball.
3. Outline and discuss various mental approaches to playing the game one pitch at a time
 - a. Signal breath
 - b. Signal lights
 - c. Act As If
 - d. Controlling Anger & Anxiety
 - e. Thought Distortions
 - f. Perspective
4. The effects of the thought process
 - a. The importance of auto-thoughts
 - b. The physiological aspect of the thought process
 - c. How each aspect of the thought process applies to development of stressful thoughts
5. The analysis of stressful game changing situations and how to minimize them
6. Use of management “tools”
7. The beneficial effects of exercise on the controlling stress
8. Improve skill level with the development of fundamental techniques
9. Differentiate the influences of the Amateur Softball Association (ASA), the National Collegiate Athletic Association (NCAA), and the Commission on Athletics (COA) and the governing body rules and regulations.

Meeting Instructor Objectives

To learn the above you will need to:

1. Attend class lecture.
2. Complete the weekly assignments after each lesson.
3. Apply practical management techniques for stated offensive and defensive situations.
4. Demonstrate knowledge of the rules and strategies for the game.
5. Take the final exam and turn in additional assignments at that time.

Phone Number/E-Mail

The following phone number is direct to my office in Physical Education, Bldg. 1200, office 1220-01, 714-992-7471. I can also be reached by e-mail: lbassi@fullcoll.edu

Grading Criteria

Grading is by points earned as indicated in the table below.

Points per Criteria

	Points/per Assignment	Number	Total Points (from each)
Weekly Assignment	5	10 lessons	50
Practical	10	3 assignments	30
Application	20	Rules	20
Final Exam		Number of points earned on final	100
Final Grade		A = 200 -180 B = 179 – 160 C = 159 – 140 D = 139 – 120 F = < 119	

Note: It is the student's responsibility to contact the instructor in the event of an extenuating circumstance. Students must adhere to the campus Academic Honesty Policy.