



Los Angeles Mission College  
**Department of Physical Education and Health**

**Course Syllabus:** P.E. 512 Intercollegiate Softball

Instructor: Sandra Durazo  
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Location: El Cariso Park

Office: HFAC 102C  
Office Hours: T&TH 12:00 -12:30  
Or by appointment

Final Exam Date: 6/6/14 2:00 pm

**Title of course**

Intercollegiate Softball (PE 512)

**Course Description**

This course is designed for intercollegiate sports activity. It encompasses the mental aspects of sport performance, sport regulation and eligibility standards.

**Prerequisite**

- (1) Eligibility as required by state athletic code
- (2) Signature of coach
- (3) Physical examination required

**Student Learning Outcome**

**Course Objective**

Upon the successful completion of this course,

1. Each student-athlete will be able to perform the basic fundamental softball skills needed to compete in this sport, (throwing, catching, fielding & hitting).
2. Demonstrate concepts and strategies as it relates to the game of softball.
3. Demonstrate knowledge of rules, safety and performance techniques in the game of softball.

**Grading Procedures**

A	90-100%	358-400
B	80-89%	318-357
C	70-79%	278-317
D	60-69%	238-277
F	0-59%	001-237

1. 25% of grade – Improvement 100 pts. (based on pre/post technique test)
2. 75 % of grade - Class Participation (30 classes x10=300 pts.)

**Participation:**

10 points = full participation per class.  
8-9 points = most, but not all are demonstrated  
6-7 points = some are demonstrated  
4-5 points awarded if few are demonstrated  
0 points earned if participation behaviors are not demonstrated

10 points = Full participation per class includes consistently taking part in lecture and activities while following set standards and rules. This includes completing and handing in assignments by deadlines, being on time, leaving when dismissed, and dressing appropriately.

**Assessment:**

A pre and post skill demonstration of softball related skills will be tested: throwing, catching, fielding, hitting and base running. Rubric will be used to determine level of accuracy and progress.

**Class Information**

**Before you are allowed to participate in the class you MUST be present for the orientation and sign the mandatory waiver form. There are no exceptions.**

## **Waiver Forms**

The waiver forms can be downloaded from

<http://www.lamission.edu/fitness/docs/HFAC%20Waiver%20Form%201.6.pdf>

## **Class Procedure:**

Proper shoes (cleats) and clothing (softball shorts/shirt) must be worn to class. This class is designed for students who are interested in competing in intercollegiate softball. In case of an absence please call and leave an explanation on the message machine in the softball office.

## **SPECIAL ACCOMMODATIONS**

If you require special accommodations for a disability, religious holiday, or any other reason please inform your instructor(s) within the first week of the course and we will accommodate you if at all possible. For accommodations due to disability, you must consult with the Disabled Students Programs and Services Office after which we will abide by their recommendations.

## **Warm-ups**

All class meetings will begin with warm up drills. There will be no play without participating in these warm up activities

## **Cell Phones**

Yes, you know the drill...turn them off and PLEASE no texting during class.

## **Be Punctual**

I advise you to arrive on time for class. On the days when we have quizzes, you will not be given that quiz if you arrive after the quiz has been given out.

## **Class Attendance**

As this is an activity course, it is extremely important that you attend class regularly to be able to accumulate participation points. Games and tournaments will be disrupted if students have erratic attendance.

## **Make Up Policy**

Generally, there will be few opportunities for make -up tests. Skills test require that students are in attendance. I cannot guarantee to have time to perform make up tests.

## **Equipment**

1. Proper shoes are required (Running shoes and soccer cleats)
2. Towel
3. Bottle of water

## **Dress Code**

All students are required to adhere to the dress code provided in the orientation. No jeans, cargo pants, or street clothes of any kind. Workout clothing is mandatory to participate in the class. Each student has access to a locker during class time. Please bring your own lock.

## **My Teaching Schedule**

Monday/Wednesday

7:30-9:05 Fitness Center

9:05-10:30 Fitness Center

10:30-12:05 Basketball Court

## **Gym Policies**

1. Please do not bring guests or children.
2. Only clean exercise shoes are to be worn on the gym floor.
3. No gum, food or drinks. The exception is water in an unbreakable bottle.
4. Replace all gym weights and equipment after use.
5. Gym bags or backpacks are not allowed in the weight room.
6. If you feel dizzy or sick stop working and please notify the instructor.

*To reduce the risk of injury, consult your doctor before participating in this or any other exercise program. The instructions and advice presented are in no way intended as a substitute for medical counseling.*