

# ATHL 31C: FUNCTIONAL FITNESS FOR SOFTBALL

## Foothill College Course Outline of Record

Heading	Value
<b>Effective Term:</b>	Summer 2023
<b>Units:</b>	1
<b>Hours:</b>	3 laboratory per week (36 total per quarter)
<b>Degree &amp; Credit Status:</b>	Degree-Applicable Credit Course
<b>Foothill GE:</b>	Area VII: Lifelong Learning
<b>Transferable:</b>	CSU/UC
<b>Grade Type:</b>	Letter Grade (Request for Pass/No Pass)
<b>Repeatability:</b>	May be taken six times for credit

## Student Learning Outcomes

- Upon completion students should be able to perform exercises on and off the field to achieve improved cardiovascular fitness, muscular strength, endurance, and flexibility
- Upon completion students should be able to identify weight management principles, basic physiology of exercise, and the benefits of regular exercise.

## Description

This course will provide advanced training and instruction in the use of weights for the sport of softball.

## Course Objectives

The student will be able to:

- Participate in a structured and comprehensive program of advanced weight training for the sport of softball
- Develop and apply personal and performance goals
- Employ correct lifting techniques in a variety of advanced resistance exercise techniques for the sport of softball
- Demonstrate the differences between a variety of advanced resistance exercise techniques for performance in the sport of softball

## Course Content

- Establish performance goals which students are encouraged to work towards
- Develop knowledge and understanding of various advanced strength training techniques
  - Super sets
  - Periodizations
  - Negatives
  - Isometric and super slow training
  - Olympic style lifts
- Develop strength through participation in various advanced strength training techniques

- Develop individualized performance goals which encourage specialization in the sport of softball
- Explain physiological and anatomical relationships of weight training effects on the body consistent with the performance goals for the sport of softball

## Lab Content

Use of pin-set machines, free weights, and functional fitness strengthening exercises, such as lifting, stretching, balancing, (e.g., medicine balls, BOSU, and TRX).

## Special Facilities and/or Equipment

- Free weights
- Squat racks
- Olympic lifting platforms
- When taught as an online distance learning or hybrid section, students and faculty need ongoing and continuous internet and email access

## Method(s) of Evaluation

Methods of Evaluation may include but are not limited to the following:

Strength development will be assessed and measured by certain lifts, such as the bench press, squats, and military press  
Demonstrating the correct form in the Olympic lifts used for performance in the sport of softball

## Method(s) of Instruction

Methods of Instruction may include but are not limited to the following:

Active participation by students and instructor to facilitate an effective learning environment  
Lecture and/or demonstration

## Representative Text(s) and Other Materials

. [NCAA Women's Softball Rules 2020-2021](#). .

The most recent edition of the rules and interpretations will be used; annual updates are available online at <https://www.ncaa.org/sports/2021/2/9/playingrules.aspx>

## Types and/or Examples of Required Reading, Writing, and Outside of Class Assignments

Optional reading and writing assignments as recommended by instructor.

## Discipline(s)

Physical Education