

Fitness and Recreational Activity
FRA 133.01P – US Softball (NSA Slow pitch)
Spring 2013
March 19th – May 2nd

Instructor: Jennifer Holman

E-mail: Jennifer.Holman@tamuc.edu

Office: Field House 201

Office Phone:

Office Hours: by appointment

Class meeting time: T/TR 1:00pm – 2:15pm

Class meeting place: Cain Sports Complex (Meet in MRC 124 first day)

Text: No text is required for this course.

Attire: Tennis shoes or rubber cleats and modest athletic clothing are required. **(No metal cleats)** You will be considered absent if you are not dressed appropriately. **I strongly recommend that you bring water to class.**

Class Description: Students will learn the basic skills of slow pitch softball which include throwing, hitting, running, catching, and situational defense and offense. The class will participate in game style play.

Objectives: The student will.....

1. Learn and develop the fundamental skills of softball necessary to play competitively.
2. Be active every class to develop physical endurance and cardio health.
3. Develop the desire to continue playing softball.
4. Enjoy learning new skills that will last a lifetime.

Evaluation:

Knowledge (cognitive) 50%

Test.....30%

Quiz.....10%

Poster.....10%

Skill 50%

Bat Control (Placement Hitting).....5%

Fielding.....10%

Relays.....10%

Drills.....10%

Bases.....5%

Tournament Participation.....10%

Grading policy:

A=90-100

B=80-89

C=70-79

D=60-69

F=59 and below

You will earn the grade you receive at the end of the semester. Grades will be final. I urge you to take advantage of the extra credit opportunity during the semester and attend class every day.

Extra Credit: I have provided you opportunities for extra credit. You may participate in MRC events or fitness classes throughout the semester.

Exam: The exam will be multiple-choice, true-false, and matching. I may include some labeling. You will need a **GREEN** scantron and a pencil. If you have a family emergency or illness and must miss the exam, the instructor must be notified ahead of time. It is required that students present a documented excuse for missing the exam. Make-up exams will be given on an appropriate basis.

Quiz: The quiz material will be listed in the handouts and/or reviewed during previous class periods.

Placement Hitting: Students' efforts will be documented on how many balls are hit by placement to left field, center field, and right field. Students should be able to hit **5** balls in each direction.

Fielding: Students will be graded on how many softballs they field cleanly and correctly. Students will defend **10** softballs, and scores will be based on best out of **10**.

Bases: Students will be graded on the correct base-running technique.

Relays: Students will be graded on their completion of all relays. Students must be present to receive credit for the relays.

Drills: Students be graded on their participation in all drills. Students must be present to receive credit for the drills.

Poster: Students will present a poster to the class. Students will be allowed to be as creative as they like, but they must present on something about softball. Ideas include a fancy lineup card, softball field with positions labeled, etc.

Attendance: Students should attend every class. **6** points will be deducted from the final grade for each unexcused absence. **2** points will be deducted from the final grade for each tardy up to 10 minutes. After 10 minutes, the student will be considered absent. Class assignments will not be accepted after the due date. Excused absences are defined by university policy (see below) and must be documented appropriately **WITHIN ONE WEEK** of the absence (the instructor will need a copy of the documentation).

Tournament Participation: Students will earn a participation grade based on their participation in the tournament at the end of the semester. Grades will NOT be based on success. 30 points will be deducted from that participation grade for each missed day of the tournament unless there is a properly documented excuse.

Statement of Student Behavior: All students enrolled at the university shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment (see Student's Guide Handbook).

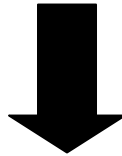
ADA Statement: Students requesting accommodations for disabilities must go through the Academic Support Committee. For more information, please contact the Director of Disability Resources and Services, James Gee Library, room 132, (903) 886-5150.

Course Policies:

1. Please check your e-mail on a regular basis. There may be important announcements throughout the semester, and e-mails will be my primary form of communication with you outside the class. Please keep all e-mails professional. I will be available to meet at my office by appointments made through e-mail.
2. If you have the equipment required, you should bring it to each class period. We may or may not have the appropriate amount of equipment to substitute forgotten gloves. Bats and softballs will always be available. If you borrow a glove from the school, you must return it to the instructor at the end of each class period.
3. Please notify the instructor with a documented excuse for the following circumstances: religious days, university events, death/illness in family, legal issues, and military service. Any student missing an exam or assignment without prior arrangements will receive a score of zero.
4. I am here to help and, I will work with you but communication is key! You may e-mail me at any time, and I will respond within 24 hours. If you have a technology problem, please contact **Technology Services @ 903-468-6000**.
5. Please refrain from using your telephone in class. It is rude and presents a distraction. If you have an emergency, please let me know.

6. Again, I am here to help you. I want you to take the most out of this course and apply it somewhere in your life. Have fun and learn!

See Course Outline Below



This schedule is subject to change. If you miss class, you may ask another classmate about what you missed, but make-ups will only be given for properly excused absences.

Day	Date	In-class activity	Graded activity due
T	3/19	Syllabus & Introductions	
TR	3/21	Basics: Throw/Hit/Run	Bases Grade
T	3/36	Defense	
TR	3/28	Offense	
T	4/2	Defense	
TR	4/4	Offense	
T	4/9	Relays	Relay Grade
TR	4/11	Drills	Drills Grade
T	4/16	Hitting Placement	Hitting Grade
TR	4/18	Kickball Day	
T	4/23	World Series	Participation
TR	4/25	World Series	Participation
T	4/30	World Series	Particip. & Posters Due
TR	5/2	Final Exam	Extra Credit Due

