

WELLNESS 1203A Softball

Instructor: Dr. S. Darracott
Phone: 667-4992
Office: PEAC 194 MW 8:45-10:15 T 8:45-9:45
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GRADING

Class attendance and participation: 40% of grade. Dressing out and participating every class is important. One absence will be allowed without penalty. Five points will be deducted for each additional absence. 2.5 points will be deducted for each late arrival / early departure / attendance without participating.

Softball skill analysis: 15% of grade. Each student will be videotaped throwing fielding, and batting. Form will be graded (5 pts each).

Sportmanship/Effort: 15% of grade. 1 point will be awarded by the instructor for each class in which a student displays good sportsmanship and effort.

Softball written test: 30% of grade. Test will cover information from class handouts on rules, equipment, safety, and other general softball information.

EQUIPMENT

Dress to participate, even in inclement weather. Layered clothing is recommended. Head covering is helpful on cold days. Athletic shoes required. No metal cleats. Bring a glove if you have one. Water bottle recommended. Batting helmet (provided) must ALWAYS be worn when batting and baserunning.

Class activities include moderate to vigorous exercise. If a student has a medical condition that would put him or her at undue risk, the student must inform the instructor upon knowledge of such condition.

MEETING LOCATIONS

Physical education softball field, PEAC 233, mezzanine.