

Code	10045		
Class name	Softball		
Semester	2nd	Lecture target	3
Unit Classification	Elective	Unit count	1
Charge teacher	NISHI Hirofumi · IGAWA Takahiro		
Category	Professional education subjects		
Class style	Practice		
Class time	Fri/1		
NO.			

Professional career-experienced

a course taught by a teacher with practical experience
On practical contents related to class

Languag

using languages other than Japanese

Active learning elements

problem-solving-learning in cooperation with
external organizations based on agreements

discussion,debate

group work

presentation

practical training,fieldwork

Class outline,goal

Softball contains carious kinetic elements such as throwing, batting, catching, and runnning. You can get the foy to achieve tasks in cooperation with teammates in softball.

The aim of tis class is to acquire the cooperativity for team by improving skills such as piching, batting, and catching, and by acquiring combination plays. In addition, this class aims to acquire the ability to manage the competition safely.

Class plan

<p>Lesson 1. Guidance Cautions in this class, Method of evaluating result</p> <p>Lesson 2. Softball characteristics History, Characteristics, Rules</p> <p>Lesson 3. Basic skill drill 1 Catch, Simple game (group work)</p> <p>Lesson 4, Basic skill drill 2 Windmill, Slingshot, Simple game (group work)</p> <p>Lesson 5, Basic skill drill 3 Swing, Tee batting. Simple game (group work)</p> <p>Lesson 6, Basic skill drill 4 Pepper, Simple game(group work)</p> <p>Lesson 7, Basic skill drill 5 Free batting, Simple game(group work)</p> <p>Lesson 8, Basic skill drill 6 Grounder catch, Fly ball catch, Simple game(group work)</p> <p>Lesson 9, Tactic 1 Defense formation, Knock, Simple game(group work)</p> <p>Lesson 10, Tactic 2 Covering a base, backup, double play, Simple game(group work)</p> <p>Lesson 11, Tactic 3 Cutoff, Simple game(group work)</p> <p>Lesson 12, Competition 1 Manegement,Plan (group work)</p> <p>Lesson 13, Competition 2 League match① (group work)</p> <p>Lesson 14, Competition 3 League match②, Managementa evaluation (group work)</p> <p>Lesson 15, Summary Summary of the tecniques and combinations</p>
Grading method
<p>1) Basic skills such as throwing, batting, and catching</p> <p>2) To plan and play the combination with teammates</p>
Assigned books
Relevant references and textbooks will be introduced in the class.
Classroom equipment
Softball equipments
Advice on preparation and review
<p>Preparation: Check the basic techniques and rules.(about 15 min)</p> <p>Review: Organaize the tips and sensations of sports in this class.(about 15 min)</p>

Class rules
Never be late.
Grading Criteria
1) Class participation(40/100)
2) Practical test(60/100)
Feedback method
I will explain by speaking every time.
Note
Students in teacher-training course should take this class.
Office hour
THU/1
Improvements from the results of the previous year's class evaluation questionnaire
none