
SECTION HEADING

PHED 1175: Intercollegiate Women's Softball

Description

Intercollegiate Women's Softball includes participation in intercollegiate competition in women's softball, where they acquire knowledge at the freshman intercollegiate level, representing Minnesota West Community and Technical College in the Minnesota Community College Athletic Conference.

Credits

1

Prerequisite

None

Corequisite

None

Topics to be Covered

1. Softball Rules
2. Offensive and Defensive techniques and strategies
3. Conditioning and teamwork
4. Sportsmanship (Diversity and inclusion)

Learning Outcomes

1. Demonstrates proficiency in proper execution of game situations
2. Demonstrates professional and ethical responsibility within the team and competitive arena including proper etiquette and good sportsmanship
3. Utilizes the techniques, skills, and tools necessary for enhancement of health, fitness, nutrition and overall well-being
4. Demonstrate and acknowledge intercollegiate rules and expectations set forth by the NJCAA and the MN West Community college coaching staff

Credit Details

Lecture: 1

Lab: 0

OJT: 0

MnTC Goal Area(s): None