



SYL PE 23

Course Information

Semester and Year: Fall 2026

Course ID and Section number: PE-23-E9542 (059542) Fastpitch Softball

Instructor's name: Micaela Harris & Kyle Van Dyke

Day and time of required meetings: Tuesdays-Fridays 10:00 AM – 1:00 PM

Location: Bear River Recreation Center Softball Field (Or fieldhouse if raining)

Course units: 2.0

Instructor Contact Information

Office location or Online: PE 103

Office hours: Available by ay appointment

Phone number: 916-276-8738

Email address: micaela-harris@redwoods.edu or kyle-vandyke@redwoods.edu

Required Materials:

Glove: Properly broken-in softball glove suitable for your position.

Athletic/Softball Clothing: Athletic apparel that allows freedom of movement (softball pants, leggings, or athletic shorts).

Athletic Shoes: Cleats (molded or turf shoes) recommended; athletic sneakers are acceptable if indoors.

Water Bottle: To stay hydrated during class.

Notebook/Journal (physical or digital): For tracking drills, notes, and reflections.

Catalog Description

A course designed to prepare students for intercollegiate fastpitch softball competition. Students will learn individual skills and strategy tactics with an emphasis on athletic conditioning.

Course Student Learning Outcomes

- Develop and demonstrate proper footwork techniques specific to fastpitch softball.
- Apply intercollegiate fastpitch softball rules and terminology as well as intercollegiate CCCAA eligibility rules during competition.
- Demonstrate proper form and technique executing various defensive drills for fastpitch softball.
- Demonstrate proper form and technique executing offensive drills, such as hitting, bunting and base running.

Course Calendar

Tuesdays-Fridays 10 AM – 1:00 PM at Bear River Recreation Center

Evaluation and Grading Policy

Students will complete the following evaluations during the semester:

- Baseline Skills Test (beginning of semester): To assess current level (ungraded, for reference).
- Mid-Semester Check-In: Skill progress evaluation (counts toward skill development grade).
- Final Skills Test: Demonstration of growth in core softball skills.

Prerequisites/corequisites/ recommended preparation

None.

Educational Accessibility and Support

College of the Redwoods is committed to providing reasonable accommodations for qualified students who could benefit from additional educational support and services. You may qualify if you have a physical, mental, sensory, or intellectual condition which causes you to struggle academically, including but not limited to:

- Mental health conditions such as depression, anxiety, PTSD, or bipolar disorder
- Common ailments such as arthritis, asthma, diabetes, autoimmune disorders, and diseases
- Temporary impairments such as a broken bone, recovery from significant surgery, or a pregnancy-related disability
- Neurodevelopmental disorders such as a learning disability, intellectual disability, autism, acquired brain injury, or ADHD
- Vision, hearing, or mobility conditions

Available services include extended test time, quiet testing environments, academic assistance and tutoring through the [LIGHT Center](#), counseling and advising, alternate formats of course materials (e.g., audio books, braille, E-texts), assistive technology, learning disability assessments, approval for personal attendants, interpreters, priority registration, on-campus transportation, adaptive physical education and living skills courses, and more. If you believe you might benefit from disability- or health-related services and accommodations, please contact [Student Accessibility Support Services \(SASS\)](#). If you are unsure whether you qualify, please contact Student Accessibility Support Services (SASS) for a consultation: sass@redwoods.edu.

SASS office locations and phone numbers

Eureka campus

- Phone: 707-476-4280
- Location: Learning Resource Center (Library)

Del Norte campus

- Phone: 707-465-2353
- Location: main building, near the Library

Klamath-Trinity campus

- Phone: 707-476-4280