BEGINNING RACQUETBALL
PHED 2330

Class Hours: 0.0  Credit Hours: 1.0
Laboratory Hours: 2.0  Date Revised: Fall 02

Catalog Course Description:

The introduction and development of basic skills and general rules related to the game of racquetball with particular emphasis on acquisition of skills.

Entry Level Standards:

The student should be able to effectively communicate with instructor and peers, complete assignments according to instructor specifications, and read and write at the required level.

Prerequisites:

None

Textbook(s) and Other Reference Materials Basic to the Course:

Textbook:

Personal Equipment:
The students must have their own racquet, safety glasses for eye protection, athletic shoes and clothing, and furnish two cans of racquetball balls for class use. The students must furnish their own transportation to this off-campus course.

I. Week/Unit/Topic Basis:

<table>
<thead>
<tr>
<th>Week</th>
<th>Topic</th>
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<tbody>
<tr>
<td>1</td>
<td>Introduction/ Class Requirements and Syllabus/ Safety/ History/ Equipment/ Proper Grip and Forehand.</td>
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<tr>
<td>2</td>
<td>Continue Forehand/ Backhand Grip and Stroke/ Lob/ Wall Play/ Practice.</td>
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<tr>
<td>3</td>
<td>Serve (short and long)/ Kill Shots/ Passing Shots/ Drop Shots/ Smash.</td>
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<tr>
<td>4</td>
<td>Basic Rules/ Scoring/ Etiquette/ Court Positioning/ Game Strategy (for singles, doubles, and cutthroat).</td>
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<tr>
<td>5</td>
<td>Practice Games</td>
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<tr>
<td>6</td>
<td>Practice Games/ Skill Drills</td>
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<tr>
<td>7</td>
<td>Review /Written Exam</td>
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</table>
Class Tournaments (Singles, Cutthroat, and Doubles)

Tournament Continues

Tournament Continues

Tournament Continues

Skill Tests

Skill Tests/Play

Play

Skills Tests/ Tournaments

Final Exam Period

II. Course Objectives*:

A. Play and practice racquetball employing correct technique. II. 2
B. Demonstrate knowledge of racquetball etiquette and safety. I. 5
C. Demonstrate knowledge of racquetball terminology. I. 5
D. Play racquetball employing rules and keeping score. II. 2
E. Demonstrate knowledge of racquetball history. II. 2
F. Evaluate and correct errors in racquetball form and execution. III. 2
G. Demonstrate knowledge of racquetball equipment and facilities. 1.5
H. Demonstrate knowledge of racquetball strategies. II. 2, III. 2
I. Demonstrate knowledge of racquetball form and technique. II. 2

*Roman numerals after course objectives reference goals of the university parallel program.

III. Instructional Processes*:

Students will:

1. Listen to and participate in lectures and discussions regarding factual information relevant to racquetball. Communication Outcome, Information Literacy Outcome, Active Learning Strategy

2. Read and demonstrate knowledge of Racquetball technique, rules and other relevant factual information. Communication Outcome, Information Literacy Outcome

3. Analyze, evaluate, and modify technique to improve performance. Personal Development Outcome, Problem Solving and Decision Making Outcome, Transitional Strategy

4. Develop racquetball strategies to enhance accuracy. Problem Solving and Decision Making Outcome
5. Appreciate the intrinsic value of racquetball as a life-long recreational activity. *Transitional Strategy, Personal Development Outcome*

*Strategies and outcomes listed after instructional processes reference Pellissippi State’s goals for strengthening general education knowledge and skills, connecting coursework to experiences beyond the classroom, and encouraging students to take active and responsible roles in the educational process.

IV. Expectations for Student Performance*

Upon successful completion of this course, the student should be able to:

1. Demonstrate knowledge of racquetball etiquette. B
2. Demonstrate knowledge of racquetball terminology. C
3. Demonstrate knowledge of racquetball history. E
4. Demonstrate knowledge of how to score a racquetball game. I
5. Pick out the racquetball equipment necessary to maximize performance and safety. G
6. Perform using the proper forehand and backhand grips. A, F, I
7. Perform changing grips when necessary. A, F, I
8. Demonstrate knowledge of and employ proper form during the execution of forehand strokes. A, F, I
9. Employ proper form during the execution of backhand strokes. A, F, I
10. Employ proper form during the execution of a drive serve. A, F, I
11. Employ proper form during the execution of a Z serve. A, F, I
12. Employ proper form during the execution of a lob serve. A, F, I.
13. Hit forehand strokes off of the ball machine across the net and into the singles court. A, F, I
14. Hit the ceiling ball return. A, F, I
15. Hit the pass shot return. A, F, I
16. Hit and demonstrate knowledge of the Kill Shot. A, F, I
17. Hit and demonstrate knowledge of the Pinch Shot. A, F, I
18. Hit and demonstrate knowledge of the Pass Shot. A, F, I
19. Hit and demonstrate knowledge of the Overhead shot. A, F, I
20. Hit and demonstrate knowledge of the Jam shot. A, F, I
22. Employ proper footwork during the execution of racquetball shots. A, F, I
23. Execute singles’ strategy during game play. A, F, I
25. Play singles and doubles games employing a variety of racquetball shots, safety, rules, and scoring. A, F, I
26. Demonstrate knowledge of racquetball rules. D
27. Demonstrate knowledge of the racquetball court. G
28. Analyze, detect and correct errors in performance. F

*Letters after performance expectations reference the course objectives listed above.

V. Evaluation:

A. Testing Procedures: 70 points
   Written Examinations: 40 points
   Skill Test: 30 points

B. Laboratory Expectations:
   N/A

C. Field Work: Attendance and participation: 30 points
   After three absences, 4 points will be subtracted from the student's attendance grade. Students with eight or more absences will not pass this course. Students who fail to participate in assigned activities will be counted as absent.

D. Other Evaluation Methods: Extra Credit: 5 points
   View a televised racquetball game, then submit a two page typed report on racquetball.

E. Grading Scale:
   A  93 -100 points
   B+  92 - 88 points
   B   87 - 83 points
   C+  82 - 78 points
   C   77 - 73 points
   D+  72 - 68 points
   D   67 - 62 points
   F   61 below points

VI. Policies:

A. Attendance Policy:
   Pellissippi State Technical Community College expects students to attend all scheduled instructional activities. As a minimum, students in all courses must be present for at least 75 percent of their scheduled class and laboratory meeting in order to receive credit for the course. Individual department/programs/disciplines, with the approval to the vice president to Academic and Student Affairs, may have requirements that are more stringent.

C. Other Policies:
Make-up policy:
1. After one week, students will not be allowed to make-up written examinations.
2. With documentation, students will be allowed to make up absences. Make-up sessions should be supervised and consist of activities engaged in during the sessions that the student missed.

Injury Policy:
Students injured during class must inform the instructor immediately. An accident/incident report must be filed. This applies to all injuries no matter how minor.

Tardy Policy:
Students, who are more than fifteen minutes late to class, will be considered absent.