

PELLISSIPPI STATE COMMUNITY COLLEGE
MASTER SYLLABUS

**BEGINNING RACQUETBALL
PHED 2330**

Class Hours: 0.0

Credit Hours: 1.0

Lab Hours: 2.0

Revised: Spring 2011

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:

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

Prerequisites:

None

Textbook(s) and Other Course Materials:

No text required. Required readings will be found in the library, on the Internet, or in class handouts.

Personal Equipment: The student must have their own racquet, eye protection, and furnish two cans of racquetballs for class use.

Required Activities: Each student will be required to attend one hour of outside activity per week for a semester total of 14 hours. The activity may include individual practice, scrimmage, or tournaments. Each student will keep an individual practice log which should include date, time, opponent and activity. You must reserve court time with the SRC staff (694-6576).

I. Week/Unit/Topic Basis:

Week	Topic
1	Introduction, Class Requirements and Syllabus Review.
2	Safety, History, Equipment, Proper Grip and Forehand.
3	Warming Up, Continue Forehand, Backhand Grip and Stroke, Ball Behavior and Wall Play
4	Practicing the Serve, Playing Basic Shots. Article 1 Due.
5	Rules and Basics of the Game, Scoring and Etiquette.
6	Using the Back Wall, Court Positioning. Developing Strategy. Article 2 Due.

- 7 Playing Cutthroat and Doubles.
- 8 Review.
- 9 Midterm Exam.
- 10 Class Play.
- 11 Class Play.
- 12 Class Play.
- 13 Class Play.
- 14 Skills Tests
- 15 SKILLS TEST WILL BE GIVEN DURING EXAM WEEK

II. Course Goals*:

The course will:

- A. Play and practice Racquetball employing correct technique. I.6, III.5, V.1
- B. Demonstrate knowledge of Racquetball etiquette and safety. I.6, III.3
- C. Demonstrate knowledge of Racquetball terminology. VII.4, VII.5
- D. Play Racquetball employing rules and keeping score. VII.5
- E. Demonstrate knowledge of Racquetball history. II.5, IV.1, IV.3
- F. Evaluate and correct errors in Racquetball form and execution. III.5
- G. Demonstrate knowledge of Racquetball equipment and facilities. VII.3, VII.5
- H. Demonstrate knowledge of Racquetball strategies. I.6, VII.5
- I. Demonstrate knowledge of Racquetball form and technique. I.6, I.7

*Roman numerals after course objectives reference goals of the Natural and Behavioral Sciences program (Career Program Goals and General Education Goals are listed http://www.pstcc.edu/departments/curriculum_and_instruction/syllabi/)

III. Expected Student Learning Outcomes*:

The student will 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
21. Demonstrate knowledge of Backwall Play. 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
24. Execute doubles strategies 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

* Capital letters after Expected Student Learning Outcomes reference the course goals listed above.

IV. Evaluation:

A. Testing Procedures:

Students are evaluated primarily on the basis of Article Reviews, an Exam on rules, terminology and play; Skill Test and Participation.

Article Reviews		10 points
Exam		30 points
Skill Test	3	0 points
Participation, Play and Log	3	<u>0 points</u>
Total		100 points

B. Laboratory Expectations:

N/A

C. Field Work: Attendance and participation:

N/A

D. Other Evaluation Methods:

N/A

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

V. Policies:

A. Attendance Policy:

Pellissippi State expects students to attend all scheduled instructional activities. As a minimum, students in all courses (excluding distance learning courses) must be present for at least 75 percent of their scheduled class and laboratory meetings in order to receive credit for the course. Individual departments/programs/disciplines, with the approval of the vice president of Academic Affairs, may have requirements that are more stringent. In very specific circumstances, an appeal of the policy may be addressed to the head of the department in which the course was taken. If further action is warranted, the appeal may be addressed to the vice president of Academic Affairs.

B. Academic Dishonesty:

Academic misconduct committed either directly or indirectly by an individual or group is subject to disciplinary action. Prohibited activities include but are not limited to the following practices:

- Cheating, including but not limited to unauthorized assistance from material, people, or devices when taking a test, quiz, or examination; writing papers or reports; solving problems; or completing academic assignments.
- Plagiarism, including but not limited to paraphrasing, summarizing, or directly quoting published or unpublished work of another person, including online or computerized services, without proper documentation of the original source.
- Purchasing or otherwise obtaining prewritten essays, research papers, or materials prepared by another person or agency that sells term papers or other academic materials to be presented

as one's own work.

- Taking an exam for another student.
- Providing others with information and/or answers regarding exams, quizzes, homework or other classroom assignments unless explicitly authorized by the instructor.
- Any of the above occurring within the Web or distance learning environment.

C. Accommodations for disabilities:

Students who need accommodations because of a disability, have emergency medical information to share, or need special arrangements in case the building must be evacuated should inform the instructor immediately, privately after class or in her or his office. Students must present a current accommodation plan from a staff member in Services for Students with Disabilities (SSWD) in order to receive accommodations in this course. Services for Students with Disabilities may be contacted by going to Goins 127, 132, 134, 135, 131 or by phone: 539-7153 or TTY 694-6429. More information is available at <http://www.pstcc.edu/sswd/>.

D. Other Policies:

Attendance Policy:

Three absences will be allowed. On the fourth and subsequent absences, four points will be deducted from the final total. Students with eight or more absences will not pass the course. Students who fail to participate in assigned activities will be counted as absent.

Tardiness/Lateness Policy:

Students are expected to be on time for class. Students late for class will have points deducted from the participation total. Ten minutes late will result in a tardy. Three tardies equal an absence. Twenty minutes late will result in an absence.

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.

Gum, Food, Drink, etc. Policy:

In accordance with the guidelines of the Student Recreation Center, any type of chewing gum, tobacco products, food, or drinks are not allowed in Physical Education classes. The exception would be that WATER is allowed in the weight room provided that it is in a spill-proof container.

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.