

South Plains College

Levelland, Tx

806-716-2478

Bart Bradshaw

Racquetball Course Syllabus

Department: Physical Education & Health

Course Title: Racquetball

Course Number: PHED 1108

Course Credit Hrs: 1

Prerequisite: NONE

Available Formats: Conventional

Campuses: Levelland/Reese Campus

Textbook: None (Instructor will provide handouts)

Supplies: Racquet & Protective Eyewear/Goggles. Tennis shoes that **DO NOT** mark the floor.

Course Description: PHED 1108 Racquetball

This course is an introduction to rules, shots and strategies for singles, doubles and cut-throat. This course develops fundamental skills and techniques of court play for beginners. Participation by skill level assures vigorous activity for cardiovascular fitness.

Course Purpose: The course is designed to develop a student's understanding, interest and lifetime enjoyment of the game of racquetball. The purpose is for each student to develop and demonstrate racquetball skills and utilize terms while improving his or her physical fitness level.

Course Requirements:

Attendance and Participation

Practice skills

Written Examination over rules

Demonstrate Safety & Sportsman-like Conduct during play.

• **Course Evaluation:**

• 60% ATTENDANCE / PARTICIPATION – 60PTS

• 20% SKILL & ETIQUETTE – 20PTS

• 20% WRITTEN FINAL EXAM – 20PTS

100 % CLASS GRADE – 100PTS

A 90 – 100; B 80 – 89; C 70 – 79; D 60 – 69; F 59 – 0

Attendance Policy:

See the South Plains College General Catalog for class attendance and excessive absences. An individual may be dropped on their 5th absence

| <u>Expected Learning Outcomes or Competencies:</u> | <u>Evaluation</u> |
|---|--------------------------|
| The students will be able to recognize the origin and history of racquetball. | Daily observation |
| The students will be able to recognize racquetball as a lifetime activity with fitness qualities. | Daily observation |
| The student will demonstrate knowledge of the rules of singles, cut-throat, and doubles and play strategies | Observation & exam |
| The student will develop skills on shots, serves and footwork necessary for participation. | Daily observation |
| The student will demonstrate proper use of terms, etiquette, safety, and sportsmanship. | Observation & exam |

ADA Statement

Students with disabilities, including but not limited to physical, psychiatric, or learning disabilities, who wish to request accommodations in this class should notify the Disability Services Office early in the semester so that the appropriate arrangements may be made. In accordance with federal law, a student requesting accommodations must provide acceptable documentation of his/her disability to the Disability Services Office. For more information, call or visit the Disability Services Office through the Guidance and Counseling Centers at Reese Center (Building 8) [716-4606](tel:716-4606), or Levelland (Student Services Building) [716-2577](tel:716-2577).

Diversity statement: In this class, the teacher will establish and support an environment that values and nurtures individual and group differences and encourages engagement and interaction. Understanding and respecting multiple experiences and perspectives will serve to challenge and stimulate all of us to learn about others, about the larger world and about ourselves. By promoting diversity and intellectual exchange, we will not only mirror society as it is, but also model society as it should and can be.

Campus Concealed Carry syllabus statement:

Campus Concealed Carry - Texas Senate Bill - 11 (Government Code 411.2031, et al.) authorizes the carrying of a concealed handgun in South Plains College buildings only by persons who have been issued and are in possession of a Texas License to Carry a Handgun. Qualified law enforcement officers or those who are otherwise authorized to carry a concealed handgun in the State of Texas are also permitted to do so. Pursuant to Penal Code (PC) 46.035 and South Plains College policy, license holders may not carry a concealed handgun in restricted locations. For a list of locations, please refer to the SPC policy at: (http://www.southplainscollege.edu/human_resources/policy_procedure/hhc.php)

Pursuant to PC 46.035, the open carrying of handguns is prohibited on all South Plains College campuses. Report violations to the College Police Department at 806-716-2396 or 9-1-1.

Racquetball Daily Activity List

PHED 1108

South Plains College

| Day | Daily Activity |
|-----|---|
| 1 | Check roll, Syllabus, Discuss class, Grading and Attendance |
| 2 | Recap Day 1, Tour facility, Introduce stretches, Issue lockers |
| 3 | Stretch, laps, explain court markings and hands on rules |
| 4 | Stretch, laps, explain racquet grips, follow through and wrist action |
| 5 | Stretch, laps, serves, ball placement |
| 6 | Stretch, laps, serves, 2 on 2 |
| 7 | Stretch, laps, serves, 2 on 2 |
| 8 | Stretch, laps, serves, 2 on 2 |
| 9 | Stretch, laps, serves, 2 on 2 |
| 10 | Stretch, Laps, Singles Tournament |
| 11 | Stretch, Laps, Singles Tournament |
| 12 | Stretch, Laps, Singles Tournament |
| 13 | Stretch, Laps, Singles Tournament |
| 14 | Stretch, Laps, Singles Tournament |
| 15 | Stretch, Laps, Singles Tournament |
| 16 | Stretch, Laps, Singles Tournament |
| 17 | Stretch, Laps, Singles Tournament |
| 18 | Stretch, Laps, Singles Tournament |
| 19 | Stretch, Laps, Singles Tournament |
| 20 | Stretch, Laps, Singles Tournament |
| 21 | Stretch, Laps, Doubles Tournament |
| 22 | Stretch, Laps, Doubles Tournament |
| 23 | Stretch, Laps, Doubles Tournament |
| 24 | Stretch, Laps, Doubles Tournament |
| 25 | Stretch, Laps, Doubles Tournament |
| 26 | Stretch, Laps, Doubles Tournament |
| 27 | Stretch, Laps, Doubles Tournament |
| 28 | Stretch, Laps, Doubles Tournament |
| 29 | Play, Final Review |
| 30 | Final Exam |