

South Plains College

Levelland, Tx

806-716-2478

Bart Bradshaw

Racquetball Course Syllabus

Department: Physical Education & Health

Course Title: Racquetball

Course Number: KINE 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:

An individual may be dropped on their 5th absence

Expected Learning Outcomes or Competencies: _____ **Evaluation**

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. Observation & exam
and play strategies

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

Racquetball Daily Activity List

PHED 1108

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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

<https://www.southplainscollege.edu/syllabusstatements/>.

<https://www.southplainscollege.edu/emergency/covid19-faq.php>.