

Dakota College at Bottineau Course Syllabus

Course Prefix/Number/Title:

HPER 101 –Activity Beginning Racquet Sports

Number of credits:

0.5 units

Course Description:

This is an introduction to a competitive racquet sport in which each player uses a strung racquet to serve and return the ball. Classes will include games, drills, skill demonstrations, service, forehand, backhand techniques as well as footwork. Emphasis will be on the basic fundamentals and safety of the sport. Technical knowledge will be introduced and incorporated in the games.

Pre-/Co-requisites:

None required, just the quest for learning

Course Objectives:

First, the student will learn the basic terms and rules of racquetball. Secondly, the student will learn safety and proper use of equipments (racquet, ball, shoes, eye guards, gloves). Finally, the student will learn how to play the game of racquetball. This sport is a good, exhilarating activity that can enhance one's agility and health.

Instructor:

Elma O. Severson

Office:

NSC 108

Office Hours:

By appointment

Phone:

701-228-5467

Email:

Elma.severson@DakotaCollege.nodak.edu

Lecture/Lab Schedule:

10:00 – 10:50 a.m. Tuesdays and Thursdays

Gym/ Racquetball Court (Thatcher Hall)

(6:00-8:00 p.m. on Wednesdays for the Community: Arranged by Aimee Erdman)

Textbook(s):

Will provide ***Racquetball official Rules and Regulations*** as specified and outlined by USA Racquetball Association

Winning Racquetball Skills, Drills and Strategies, Ed Turner and Woody Clouse, Human Kinetics, 1996.

Course Requirements:

Grading is based on a standard college curve, where students earn a grade based on the percent of total points possible they obtain. 50 % of the grade will come from written test on the principles, safety and rules of racquetball. The other 50% of the grade will be from performance and drill demonstrations determined by the instructor. Participation will count towards the performance grade. A total of 100 points (50 points for the exam, 40 points for performance drill demonstrations and 10 points for participation). Any missed classes and exam can be arranged with the instructor at her discretion but the exam and practical test not made up within the allotted time will be given a zero. Letter grade are assigned based on the following criteria:

A= 90-100% of total points
B= 80-<90% of total points
C= 70-<80% of total points
D= 60-<70% of total points
F= <60 of the total points

Tentative Course Outline:

Week 1

Introduction to the fundamentals of Racquetball

Week 2

Safety rules and regulations of the game

Week 3

"How to play the game"

(Court: split class ½ Tuesday/ ½ Thursday for the rest of the semester)

Week 4

Drills and games

Basics: Forehand

Week 5

Drills and games

Basics: Backhand

Week 6
Drills and games
Review for Written Test 1

Week 7
Written Test 1

Week 8
Hindrances/ Hinders/ Penalties
Common Calls of the game

Week 9
No-No's of the sport
Rallies and Volleys/ Time-outs

Week 10
No class- Spring Break

Week 11
Drills and games
Basics: Skills

Week 12
Drills and games
Basics: Techniques

Week 13
Drills and games
Basics: Strategies

Week 14
Elma's Racquetball tips

Week 15
Practical Test 2

Until the end of the semester, open play is the order of business, Depending on the number of students, games of singles, doubles and cut-throat and at times 5 short serve games can be played. The 5 short serve game is played by serving to get to 5 but the receiver gets a point when server loses the serve. Take turns and rotate among players.

During open play, students can arrange for make-up lessons, tips, drills or questions with the instructor at her discretion.

Don't forget the "F" in Racquetball: FUN! FUN! FUN!

General Education Goals/Objectives:

Goal 5: Employs the principles of wellness

Objective 1: Demonstrates healthy lifestyle and physical wellness

Relationship to Campus Theme:

This course takes student "beyond" their normal lifestyle by challenging them to engage and excel in the sport of racquetball.

Classroom Policies:

A focus on appropriate handling and safety usage of equipments in the racquetball court is essential in this course. Therefore, proper eye guards and protection must always be worn inside the court. Wrist cords must always be secured to assure racquets from flying out and hitting someone while playing. Court shoes are recommended and absolutely no wet or dirty shoes to keep the court free from slippage or accidents.

Always observe rules and courtesy in the court. Avoid profanity and malicious comments. This environment is an open and harassment free zone. Competitiveness is highly encouraged but safety and enjoyment of the sport is first and foremost.

Comments and suggestions are welcome.

Academic Integrity:

There will be zero tolerance of any form of academic dishonesty. If any evidence appears of students not doing their own work, plagiarism, or outright cheating on test/exams, the matter will be investigated. If it is concluded that such dishonesty occurred, the student in question will receive an automatic "F" for the course. Furthermore, the matter will be reported to the appropriate university office and the instructor will participate in any proceedings against the guilty party.

Disabilities and Special Needs:

Please inform the instructor within the first week of classes if any assistance is required due to disabilities or special needs.