Course Syllabus

Department: Physical Education & Integrated Health Care

Date: March 2012

I. Course Prefix and Number: PE 116

Course Name: Racquetball

Credit Hours and Contact Hours: 1 credit hour – 2 contact hours

Catalog Description including pre- and co-requisites: Racquetball is designed to offer the student an introduction to the lifetime sport of racquetball. The course will include terminology, skills and techniques used in the sport. Additional fee required. No prerequisites.

II. Course Outcomes and Objectives

Student Learning Outcomes:

The Student will:

1. Implement the rules of racquetball.
2. Apply and execute offensive and defensive strategies during a game of racquetball.
3. Implement proper safety techniques while participating in racquetball.
4. Recognize and implement offensive and defensive shot selection.
5. Identify the wellness benefits of the cardiovascular workout provided by a life-time activity such as racquetball.

Relationship to Academic Programs and Curriculum:

This course is a one credit course designed for any major at FLCC. It is an introduction to the sport of racquetball with no prior knowledge or skill required. The course fulfills one credit of the college’s physical education requirement.

College Learning Outcomes Addressed by the Course:

- [x] writing
- [ ] oral communications
- [x] reading
- [ ] mathematics
- [x] critical thinking
- [ ] computer literacy
- [x] ethics/values
- [ ] citizenship
- [ ] global concerns
- [ ] information resources
III. Instructional Materials and Methods

Types of Course Materials:

No textbook is required. The instructor will provide a handout explaining the rules of racquetball. The student will be expected to wear sneakers and dress in loose fitting work-out attire. The instructor will provide racquetball racquets, balls, and eye guards.

Methods of Instruction (e.g. Lecture, Lab, Seminar …):

Lecture, discussions, demonstrations and hands-on interaction on the court.

IV. Assessment Measures (Summarize how the college and student learning outcomes will be assessed):

The Physical Education and Integrated Health Care Department believes each instructor should determine the grading system and evaluation methods that will be used in their section of the course. The methods of assessment must be communicated through the Course Outline that is given to the students the first week of the semester. Possible assessment methods include: quizzes, tests, collected assignments, group activities, demonstration of skills/strategies, and performance during competition. Such assessments and related assignments will develop critical thinking techniques, reading, along with developing ethics and values regarding an appreciation of lifetime physical activity.

V. General Outline of Topics Covered:

1. History of the game
2. Rules of racquetball
3. Equipment
4. Forehand
5. Backhand
6. Court position – singles, cut throat, doubles
7. Defense shots
8. Offensive shots
9. Backwall play
10. Types of serves
11. Returning service
12. Strategies
13. Practice drills
14. Safety