

## INSTRUCTOR'S SYLLABUS

**Course Number:** PHED- 1120.S01  
**Course Title:** Beginning Racquetball

**Course Credit Hours:** 1      **Lab Hrs:** 3

**Prerequisite:** None

**Course Delivery Method:** Lecture, lab, individual/group activity

### **Instructor's Information:**

Instructor's name: Martin Berryman  
Office Number: A 217 B  
Office Hours: MWF 9am-10am, MW 11am-1pm  
Contact Information: 972-881-5884; [mberryman@cccdd.edu](mailto:mberryman@cccdd.edu), For  
Emergencies, contact the Physical Education Department at 972-881-5925

### **Class Information**

Class meeting times: M10-11:15am  
Class location: SCC, A 109

### **Textbook:**

**Required:** AARA Official Rule Book

**Supplies:** No black sole sneakers, shorts, water bottle

**Method of Evaluation:** Written exams, Skills test, Attendance and Participation

### **Measurable Student Learning Outcomes:**

1. To demonstrate proper knowledge of court terms and playing terms.
2. To enable students to recognize basic game strategies and rules.
3. To demonstrate fundamental skills, shots and serves necessary to play at a beginning level.
4. To enable students to interpret racquetball role as a lifetime activity.
5. To demonstrate sport and fitness-related skills and apply the use of the skills in lifetime activity in the promotion of health and wellness.
6. To demonstrate knowledge of nutrition and its implications for sport performance, physical fitness, and wellness.
7. To recognize the importance of the relationship between lifetime activity and the quality of life.
8. To demonstrate the biomechanics of fundamental movements and skills.
9. To develop the kinesthetic sense in the process of acquiring movement skills.

**Course Requirements:** To successfully complete this course the student must perform all of the basic strokes of Racquetball with a general understanding of the game of Racquetball.

**Method of Evaluation:**

- 1. Attendance and Participation 40%
- 2. Midterm 25%
- 3. Final Exam 25%
- 4. Skills Test 10%

Scale:	90	to	100	A
	80	to	89.5	B
	70	to	79.5	C
	60	to	69.5	D
	59.5	-	0	F

**Attendance Policy:**

Once you miss More Than  
6 classes in a class that meets 3 times per week, or  
4 classes in a class that meets 2 times per week, or  
2 classes in a class that meets 1 time per week,  
**Summer School: Zero class misses**

With any combination of authorized and/or unauthorized absences, you will no longer be eligible to receive credit for the course. If you do not drop in accordance with the CCCC Academic Calendar, a grade of “F” will be assigned.

**Course Withdrawal Policy: Last Day to withdraw: November 14, 2008**

**Religious Holy Days:** Please refer to the current Collin Student Handbook

**ADA Statement:**

It is the policy of Collin County Community College to provide reasonable accommodations for qualified individuals who are students with disabilities. This College will adhere to all applicable federal, State and local laws, regulations and guidelines with respect to providing reasonable accommodations as required to afford equal educational opportunity. It is the student’s responsibility to contact the ACCESS office, SCC-G200 or 972.881.5898 (VTTD: 972.881.5950) in a timely manner to arrange for appropriate accommodations:

**Academic Ethics:**

The College District may initiate disciplinary proceedings against a student accused of scholastic dishonesty. Scholastic dishonesty include, but is not limited to, statements, acts, or omissions related to applications for enrollment or the award of a degree, and/or the submission as one's own work material that is not one's own. Scholastic dishonesty may involve, but is not limited to, one or more of the following acts: cheating, plagiarism, collusion, use of annotated texts, or teacher's editions, and/or falsifying academic records.

**Plagiarism** is the use of an author's words or ideas as if they were one's own without giving credit to the course, including, but not limited to, failure to acknowledge a direct quotation.

**Cheating** is the willful or receiving of information in an unauthorized manner during an examination, illicitly obtaining examination questions in advance, copying computer or Internet files, using someone else's work for the assignments as if it were one's own, or any other dishonest means of attempting to fulfill the requirements of a course.

**Collusion** is intentionally aiding or attempting to aid another in an act of scholastic dishonesty, including but not limited to, providing a paper or project to another student; providing an in appropriate level of assistance; communicating answers to a classmate during an examination; removing test or answer sheets from a test site, and allowing a classmate to copy answer.

### **Tenative Course Calendar:**

#### **Week**

1. Origin and development of Racquet- Rules and Regulations- Etiquette- Nutrition
2. Selection of equipment and safety hints-Basic Warm up drills.
3. Basic Forehand and Backhand strokes
4. Nutrition
5. Serving and Receiving. Introduction of game situations
6. Offensive shots. Begin Round Robin Singles Tournament
7. Introduce defensive shots. Cover strategy for singles.
8. Mid Term
9. Cover playing strategies for singles and Doubles
10. Start Round Robin Doubles tournament.

- 11.** Continue Round Robin Doubles tournament
- 12.** Start single elimination Singles Tournament.
- 13.** Continue Singles Tournament
- 14.** Continue Singles Tournament
- 15.** Skills Test
- 16.** Final Exam