I. CATALOG DESCRIPTION:

PED 132 – Racquetball – Beginning – 1 credit hour (2 contact hours per week)

This course covers the fundamentals of racquetball. Emphasis is placed on rules, fundamentals, and strategies of beginning racquetball. Upon completion, students should be able to play recreational racquetball.

II. PREREQUISITE: None

III. COREQUISITE: None

IV. EXPECTED STUDENT LEARNING OUTCOMES:

Upon completion of the course, students should be able to:

A. Apply basic rules of racquetball during a game
B. Demonstrate physical conditioning for racquetball
C. Demonstrate they have acquired or enhanced their basic motor skills
D. Explain basic strategy involved in playing racquetball
E. Apply basic safety regulations while playing

V. METHODS OF INSTRUCTION:

A. Lectures on basic concepts and skills.
B. Handouts related to course topics.
C. Relevant videos.
D. Physical demonstrations and group work.

VI. CONTENT:

A. Introduction and history of the game
B. Basic rules and safety
C. Conditioning aspects of health-related fitness
D. Skill development
E. Equipment and sportsmanship
F. Lifetime physical fitness

VII. TYPICAL ASSIGNMENTS:

A. In class participation
B. Online or textbook homework
C. Topic quizzes
D. Exams
E. Topic labs including analysis and evaluation of course concepts
VIII. EVALUATION:
   A. Methods of Evaluation
      1. Peer Assessment
      2. Self-Assessment
      3. Written Quizzes
      4. Assignments
   B. Frequency of Evaluation
      1. Weekly Skill analysis
      2. Midterm/final exam

IX. TYPICAL TEXT: None

X. OTHER SUPPLIES REQUIRED OF STUDENTS: Proper attire, this course requires membership to an approved commercial facility. Membership costs approximately $120 (subject to change).

Creation date: 9/12/11
Revision date: