

## **PEHR 1110: Racquetball Spring 2013**

### **Instructor and Course Information:**

**Instructor:** Kelly Smith                      **Email:** smith\_k@dixie.edu                      **Phone:** 652-7784  
**Office:** Old Gym Upstairs                      **Office hours:** 7:00a.m.-9:00a.m. daily

**Course Credits:** One (1)

**Location of class:** St. George Recreation Center 285 South 400 East

**Meeting times for class:** 11:00 am – 11:50 am M/W

**Beginning/Ending dates for course:** Jan 7-Apr 24

**Pre/Co-requisites for this course:** None

**Required Publications, Textbook for class:** None

### **Course Description:**

This course is designed to introduce students to the basic skills and techniques of racquetball. Emphasis will be placed on teaching proper terminology and techniques.

### **Department Objectives:**

All PEHR courses have the following objectives:

- A. Enhance development of physical, mental, social, and emotional well-being through physical education;
- B. Be supported to develop personal, lifelong commitment to physical activity for the long range health benefits;
- C. Develop competencies in athletic activities that will bring greater satisfaction to participation in athletics;
- D. Demonstrate an understanding of physiology that promotes safety in physical exercise;
- E. Develop a fitness plan pertinent to the physical activity of the course, as applicable

### **Course Objectives:**

- To be able to explain and demonstrate proper scoring.
- To know general racquetball rules of play.
- To define racquetball terminology.
- To learn how to play “singles”, “doubles”, and “cut throat” and be able to demonstrate these skills at the end of the semester.
- To acquire skills to carry over into lifetime activity.

### **Grading Criteria**

1. Attendance: 10 points per day, 300 points total  
*One letter grade drop for every three times missed.*
2. Skills Tests: 25 points
3. Written final exam: 50 points total
4. 100% Attendance-- you will not have to take the written final.

**The grade will be given based upon the following percentages:**

**A** = 94%-100%    **B+** = 87-89%    **C+** = 77-79%    **D+** = 67-69%    **F**= Below 60%  
**A-** = 90%-93 %    **B** = 83-86%    **C** = 73-76%    **D** = 63-66%  
**B-** = 80-82%    **C-** = 70-72%    **D-** = 60-62%

### **Institutional and Class Policies**

**ACADEMIC INTEGRITY:** Failure to comply with academic integrity, honesty, and behavior standards of Dixie State College may result in course failure or administrative withdrawal from the class. Don't be cheating. Inappropriate classroom behavior may also result in an administrative withdrawal.

**Withdrawal for disruptive behavior policy-** Disruptive behavior in class may also lead to an administrative withdrawal. Disruptive behavior is defined as any behavior that interferes with the teacher's ability to teach or the learning of other students. You will be notified of your withdrawal in this way:

1. A verbal request to comply with behavioral expectations of the class.
2. One written 'warning' letting you know that you have not made the required behavioral adjustment.
3. Administrative withdrawal.

**Withdrawal from class-** If you decide to withdraw from class, it is your obligation to formally do so through the registrar's office to make sure you are not still on the role for the class.

### **Student Support Services**

If you are a student with a medical, psychological, or learning disability and would like accommodations, contact Sherri Dial at the Disability Resource Center (652-7516) in the Student Services center. The Disability Resource Center will determine your eligibility and determine the appropriate accommodations related to your disability.

**Tutoring:**    See Instructor

Date	Activity
Jan 7	Start of Class—Intro
Jan 9	Rules Scoring
Jan 14	Serves, Etiquette
Jan 16	Serves
Jan 21	<b>Holiday</b>
Jan 23	Play
Jan 28	Defensive Strokes
Jan 30	Play Cutthroat
Feb 4	Play
Feb 6	Play doubles
Feb 11	Play
Feb 13	Play
Feb 18	<b>Holiday</b>
Feb 20	<b>Review</b>
Feb 25	Play
Feb 27	Play
Mar 4	Cutthroat
Mar 6	Doubles
Mar 11-15	<b>Spring Break</b>
Mar 18	Play
Mar 20	Play
Mar 25	Play
Mar 27	Serves
Apr 1	Play
Apr 3	Play
Apr 8	Play
Apr 10	Play
Apr 15	Play
Apr 17	Play
Apr 22	<b>Review</b>
Apr 24	<b>Review</b>
Apr 26-May 2	<b>Final Week--Final</b>