



FAYETTEVILLE STATE UNIVERSITY  
FAYETTEVILLE, NORTH CAROLINA

DEPARTMENT OF  
HEALTH, PHYSICAL EDUCATION AND HUMAN SERVICES

**I. LOCATOR INFORMATION**

Semester: Fall 2009

Course No. & Name: PEDU 141 - Racquetball

#Semester Hours of Credit: 1

Time Class Meets: \_\_\_\_\_

Instructors: Mr. Samuel Hanger

Email Address: shanger@uncfsu.edu

Office Location: Modular 106A      Office Phone: 672-2263

Office Hours: M\_\_\_\_\_ T\_\_\_\_\_ W\_\_\_\_\_ TH\_\_\_\_\_ F\_\_\_\_\_

**II. COURSE DESCRIPTION**

This course introduces the beginner to the basic skills of racquetball, including scoreboard and backhand drives, grips, footwork and serves (i.e. the drive, and lab.) Safety consideration as well as rules and terminology are covered. Basic strategy is presented involving the return of service, use of ceiling, rear wall, passing and kill shots. It prepares the beginner for play in singles, doubles and cutthroat.

**FSU Policy on Electronic Mail:** Fayetteville State University provides to each student, free of charge, an electronic mail account ([username@broncos.uncfsu.edu](mailto:username@broncos.uncfsu.edu)) that is easily accessible via the Internet. The university has established FSU email as the primary mode of correspondence between university officials and enrolled students. Inquiries and requests from students pertaining to academic records, grades, bills, financial aid, and other matters of a confidential nature must be submitted via FSU email. Inquiries or requests from personal email accounts are not assured a response. The university maintains open-use computer laboratories throughout the campus that can be used to access electronic mail.

Rules and regulations governing the use of FSU email may be found at <http://www.uncfsu.edu/PDFs/EmailPolicyFinal.pdf>

**III. TEXTBOOK**

Beginning Racquetball ISBN 0534568963

**IV. SPECIFIC COURSE OBJECTIVES**

1. Cognitive Aspects

- a. Knowledge of basic equipment and clothing
  - b. Knowledge of rules and regulations
  - c. Knowledge of safety and etiquette
  - d. Knowledge of basic techniques and strategy
  - e. Knowledge of singles, doubles, and cutthroat competition.
2. Physical Aspects
- a. Ability to utilize the equipment properly
  - b. Ability to execute proper techniques and strategy
  - c. Ability to play singles, doubles, and cutthroat
3. Behavioral Aspects
- a. Positive attitude that is conducive to exercise
  - b. Willingness to learn and improve the game

## V. COURSE COMPETENCIES

At the conclusion of course, the student should be able to demonstrate 75% proficiency on the following performance indicators on written exam, psychomotor skills or written and/or oral reports. Also, the student will gain a positive --that is conducive to exercise.

- 1. Knowledge of basic equipment and clothing.
- 2. Knowledge of rules and regulations.
- 3. Knowledge of safety and etiquette.
- 4. Knowledge of basic techniques and strategy.
- 5. Knowledge of singles, doubles and cutthroat competition.
- 6. Ability to utilize the equipment properly
- 7. Ability to execute proper techniques and strategy.
- 8. Ability to play singles, doubles and cutthroat competition.
- 9. Willingness to improve during the semester.

## VI. EVALUATION CRITERIA

- 1. Skill
  - a. Test #1 Mid Term = 25% Attendance
  - b. Test #2 Final = 25% Class Participation-10%
  
- 2. Knowledge
  - a. Test #1 Mid-Term = 20%
  - b. Test #2 Final = 20%

### Scale

92	-	100	=	A
83	-	91	=	B
73	-	82	=	C
64	-	72	=	D
Below- 63			=	F

## **VII. COURSE OUTLINE WITH ASSIGNMENT SCHEDULE**

### Unit Plan Course Outline

Introduction (syllabus, etc.)  
Basket Room Check-in  
The Game of Racquetball  
Basic Equipment and Clothing  
Safety and Etiquette for Success  
Warming Up for Success  
The Grips  
Developing Control of the Ball  
Basic Strokes - Forehand

## **VIII. COURSE REQUIREMENTS**

- A. Physical Education uniform
- B. All students will purchase (or rent) the required textbook for the course.
- C. University attendance policy will be used.

## **IX. TEACHING STRATEGIES**

- A. Lecture
- B. Demonstration
- C. Technology/Audiovisual Aids
- D. Independent practice