

## **PE 256**

### **Course Title: Racquetball**

#### **Course Justification**

This course will enhance the development of motor skills such as balance coordination and agility. Cardiovascular fitness may also be improved.

#### **Proposed Revisions and Justification**

##### **1. Content**

Justification – enhances the learning experience for the student.

##### **2. Description**

Justification – more accurately identifies the course content. (*Old Catalog Description: Skills development, strategies and rules of singles and doubles play.*)

#### **Enrollment for the last 5 years:**

Fall 1998	319
Spring 1999	238
Fall 1999	229
Spring 2000	260
Fall 2000	251
Spring 2001	187
Fall 2001	184
Spring 2002	168
Fall 2002	219
Spring 2003	229

**Resources Statement:** N/A

**Consultation With Other Departments:** N/A

#### **GER Course Documentation**

GER Category Objectives: Physical Education

Each course in the physical education category of the GER will provide instruction and guidance that help students to:

1. learn the fundamentals of health-related fitness, encompassing cardiorespiratory and cardiovascular endurance, muscular strength and endurance, muscular flexibility, and body composition, and;

*Student learning outcome:* Students should be able to demonstrate that they have learned the fundamentals of health-related fitness related to effectively playing racquetball, such as enhancing cardio-respiratory and cardiovascular endurance, muscular strength and endurance, and muscular flexibility

- Means of evaluation:* Students will demonstrate that they have met the outcome through a written midterm quiz by which instructors determine the extent to which students have learned the fundamentals of health-related fitness related to effectively and efficiently playing racquetball
2. apply knowledge of the fundamentals of health-related fitness toward developing, maintaining, and sustaining an active and healthy lifestyle, and;  
*Student learning outcome:* Students should be able to apply what they have learned about health-related fitness to meeting racquetball goals established by instructors and by students  
*Means of evaluation:* Students will demonstrate that they have met the outcome through observations of students' basic racquetball skills during physically demanding practice sessions and competitive play by which instructors determine the extent to which students apply the fundamentals of health-related fitness related to safely and effectively playing racquetball
  3. acquire or enhance the basic motor skills and skill-related competencies, concepts, and strategies of physical activities and sport, and;  
*Student learning outcome:* Students should be able to demonstrate that they have acquired or enhanced the basic motor skills and skill-related competencies, concepts, and strategies related to racquetball  
*Means of evaluation:* Students will demonstrate that they have met the outcome through a performance-based skills examination (ball control wall volley test) administered during the semester; and performance in competition with other students evaluated with a performance rubric (groundstrokes, serves, returns, strategies, rules, and sportsmanship)
  4. gain a thorough working knowledge, appreciation, and understanding of the spirit and rules, history, safety, and etiquette of physical activities and sport.  
*Student learning outcome:* Students should be able to show that they possess a thorough working knowledge, appreciation, and understanding of the spirit and rules, history, safety, and etiquette of racquetball  
*Means of evaluation:* Students will demonstrate that they have met the outcome through a final written exam in which students are tested on their working knowledge, appreciation, and understanding of the spirit, rules, history, safety, and etiquette of racquetball

**Syllabus** (See Attached)

**PE 256 - Racquetball; Fall 2003**

**Instructor: Tom Roberts**

**Office: 2016-B Carmichael; 515-6867; tom\_roberts@ncsu.edu**

Class Time: 10:15 - 11:05 MW

Office Hrs: 12:15 - 1:15 MTWH

**General Education Requirement (GER)**

This course fulfills a GER in Physical Education. Courses that meet this requirement provide instruction and guidance that help students to:

1. learn the fundamentals of health-related fitness, encompassing cardiorespiratory and cardiovascular endurance, muscular strength and endurance, muscular flexibility, and body composition, and;
2. apply knowledge of the fundamentals of health-related fitness toward developing, maintaining, and sustaining an active and healthy lifestyle, and;
3. acquire or enhance the basic motor skills and skill-related competencies, concepts, and strategies of physical activities and sport, and;
4. gain a thorough working knowledge, appreciation, and understanding of the spirit and rules, history, safety, and etiquette of physical activities and sport.

By the end of this course, students should be able to:

1. demonstrate that they have learned the fundamentals of health-related fitness related to effectively playing racquetball, such as enhancing cardio-respiratory and cardiovascular endurance, muscular strength and endurance, and muscular flexibility;
2. apply what they have learned about health-related fitness to meeting racquetball goals established by instructors and by students.
3. demonstrate that they have acquired or enhanced the basic motor skills and skill-related competencies, concepts, and strategies related to racquetball.
4. show that they possess a thorough working knowledge, appreciation, and understanding of the spirit and rules, history, safety, and etiquette of racquetball.

**Course Contents:** (see page 3)

**Grading (abcdf or s/u):**

- |   |     |
|---|-----|
| 1. Performance (serves, returns, strokes, defensive shots, strategy)      | 40% |
| 2. Written Tests (rules, history, etiquette, safety, strategy, technique) | 40% |
| 3. Wall Volley Skills Test (final in-class trial)                         | 20% |

**Textbook (optional): Racquetball: Learning the Fundamentals; Roberts & DeWitt; Kendall/Hunt Publishing Company, Dubuque, Iowa – 5th Ed. (2001)**

**Attire:** NCSU Physical Education issue *only*. Wear white-soled shoes. Return your locker-issued clothing by the last day of exams.

**Email:** Use this address: [tom\\_roberts@ncsu.edu](mailto:tom_roberts@ncsu.edu). You may reply to a unity account message that I may send to the entire class from [tcrobert@unity.ncsu.edu](mailto:tcrobert@unity.ncsu.edu)

**Equipment:** Racquet and **required eyewear** are the responsibility of the student.

**Honor Code:** Please follow the code for all class work.

**Attendance:** Regular class attendance is expected. **Six absences = no credit.** You must provide **documentation** (medical / university) to drop this class after the drop deadline. It is your responsibility to know how many classes you miss and to stay within the allowed absences for course credit. You will receive 5 “carrot points” for participating in every scheduled class.

<u>Days Missed</u>	<u>Carrot Points</u>
0.....	5
1.....	3
2.....	1
3, 4, 5 .....	0
6+ .....	no credit

<b>Performance Scale for Wall Volley</b>
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<u>Score</u>	<u># of Hits</u>
20.....	> 48
19 .....	45-48
18 .....	41-44
17 .....	37-40
16 .....	33-36
15 .....	28-32
14 .....	24-27
13 .....	20-23
12 .....	< 20

Date	Class	
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#	
1	introduction; game, rules, & equipment
2	grips, footwork, body positioning & wall volley
3	forehand groundstrokes
4	groundstrokes; drills & wall volley
5	backwall, reverse backwall & ceiling ball shots
6	return drills (defensive shots)
7	drive serve mechanics (practice returns)
8	lob serve mechanics / high "Z" serve; garbage serve (practice returns)
9	practice game (drive + lob = defensive return)
10	pinch kills & drop shots / offensive strategies + practice games
11	court movement & strategy...passing shots
12	cutthroat (3 player rb)
13	doubles (4 player rb)
14	officiating
<b>15</b>	<b>rules quiz (room tba) + national team video</b>
16	singles / doubles / cutthroat
17	round robin tournament
18	round robin tournament
19	round robin tournament
20	ladder tournament & video session
21	ladder tournament & video session
22	ladder tournament
23	TEAM play (singles)
24	TEAM play (doubles / cutthroat)
25	TEAM play (s-d-c)
26	TEAM play (grudge match)
<b>27</b>	<b>final quiz (room tba) + video critique</b>
28	wall volley; final challenge match