CASPER COLLEGE COURSE SYLLABUS
PEAC 1257 Beginning Racquetball

Semester/Year: Fall 2006
Lecture: 0 Lab Hours: 2 Credit Hours: 1

Class Time: 10:00-10:50 a.m. Days: TTH Room: YMCA CRTS

Instructor’s Name: Dan Dalen
Instructor’s Contact Information: Office Phone: 268-2518 FC: 268-2553
Please call during office hours or leave a message on my voice mail. You may also reach me at the Fitness Center phone.

Email: ddalen@caspercollege.edu
Instructor’s Office: TB 163

Office Hours: M–F 9:00–9:50 a.m.
Course Description: Racquetball is a physically active lifetime sport played on a four-walled court. Racquetball provides both men and women the opportunity to enhance their fitness level through recreational play or tournament competition on a local through national level. Beginning racquetball will provide the student the opportunity to learn the basic skills, rules, and strategy of the game.

Statement of Prerequisites: None

Goal: This course has been designed to provide the student with an introduction to the game of Racquetball.

Outcomes: Upon completion, the student will be able to:

A. Recognize the potential of racquetball as a lifetime sport with benefits in personal fitness and recreation.
B. Perform basic skills related to playing the game of racquetball.
C. Understand the rules as they apply to playing the game, and refereeing a game.
D. Understand and utilize basic strategies of the game.
E. Understand the history and development of the game of racquetball.

Methodology: demonstration and participation

Evaluation Criteria: Students will be evaluated by the following criteria:

1. A. Examinations
   1. Students will be evaluated on their racquetball skill development.
   2. Students will be evaluated on performance in class tournaments.
   3. Students will receive a written exam on the rules of the game.
2. B. Attendance
   1. Students will be evaluated on attendance and participation.
   2. Students who will be absent as result of school activities must make arrangements for make-ups with the course instructor.
3. If you become ill, please report to the Student Personnel Office as well as call Instructor. Official notices of illness from the personnel office will constitute an excused absence. Long-term illness may require a withdrawal from the course.

3. **C. Grades**

   Grades will be based on the following criteria:
   1. Attendance: Mandatory, 3 unexcused absences or more will constitute the lowering of your grade
   2. Participation and development of playing skills, and skill testing.
   3. Written test over the rules, game terminology, strategy and history of the game of racquetball.

**Required Text, Readings, and Materials:** Materials provided by the instructor

**Class Policies:** Proper clothes and P.P.E. is required at every class. Some equipment is provided, but would be suggested to purchase your own protective glasses.

**LAST DATE TO CHANGE TO AUDIT STATUS:** See Casper College Student Handbook
**LAST DATE TO WITHDRAW WITH A W GRADE:** See Casper College Student Handbook

**Student Rights and Responsibilities:** Please refer to the Casper College Student Conduct and Judicial Code for information concerning your rights and responsibilities as a Casper College student.

*It is the policy of Casper College to provide appropriate accommodations to any student with a documented disability. If you have a need for accommodation in this course, please make an appointment to see the instructor at your earliest convenience.*

If you have any problems with this class, you should first contact the instructor in order to solve the problem. If you are not satisfied with the solution offered by the instructor, you should then take your problem through the appropriate chain of command starting with the department head, then the division chair, and lastly the vice president for academic affairs.

**Academic Dishonesty – Cheating & Plagiarism:** Casper College demands intellectual honesty. Proven plagiarism or any form of dishonesty associated with the academic process can result in the offender failing the course in which the offense was committed or expulsion from school. See the Casper College Student Code of Conduct.

**Physical Activity can cause injury.** If you don’t have an insurance policy the Physical Education Department recommends that you consider a student policy.

**Tentative Schedule:** A Notebook or folder is suggested to keep handout materials, copies will be limited so please do not lose them.

**Unit I**
Introduction to the game
History
Proper dress and equipment
Safety
Fundamentals of hitting the ball
Rules

Unit II
(4 hours)
Serve techniques
Returning the serve
Defensive shots

Unit III
(4 hours)
Offensive shots
Kill shots
Pass shots
Court position and anticipation

Unit IV
(4 hours)
Game situations
Offensive and Defensive strategy
Review of rules

Unit V
(12 - 16 hours)
Tournaments
Challenge court
Round robin
Final testing