

**COURSE SYLLABUS**  
**BEGINNING Racquetball, PEDB 1230**  
Spring 2008, TR 8-8:50AM

**Instructor:** Daniel Larson  
Ramsey Center 346  
E-Mail: [bshark@uga.edu](mailto:bshark@uga.edu)  
Office hours: M 2:30-4:30PM, W 8-10AM, or by appointment.

**Course Description:** A course designed to introduce basic racquetball skills and play, and to promote physical activity and fitness knowledge.

**Course Objectives:**

1. To introduce rules and game play
2. To develop basic racquetball skills, and safe practice
3. To develop an understanding for the importance of exercise to overall health.

**Text:** Hoeger, W.W. and S.A. Hoeger. (2005). Fitness and Wellness. 6th Ed. Thomson/Waldsworth, Belmont, CA.

**Class Policies and Procedures:**

1. *The course syllabus is a general plan for the course; deviations announced to the class by the instructor may be necessary*
2. Students should read the "Clearance for Safe Exercise Participation" form. Students with existing medical conditions should discuss those conditions with the instructor. Students with medical conditions for which they do not have medical clearance will need to see a physician prior to starting the class.

**Clothing:** Athletic attire (workout wear: T-shirts, shorts, sweats, or warm-ups are acceptable; women may not wear sports bras as outerwear, no cut-off T-shirts and students may not wear jeans), Tennis or cross-training shoes and socks required. Boots, sandals, or shoes with heels are not permitted. Appropriate attire also includes eye protection, which is **ABSOLUTELY REQUIRED!!**

**If a student is not dressed appropriately, the student will be asked to leave and will take an absence.**

**Course Outline:**

Equipment & Safety	Exercise Prescription
Rules	Defensive Shots/Offensive Shots
Service	Nutrition/Weight Management
Singles & Doubles play	Strategy for racquetball
Fitness Behaviors/Assessment	Stress/Healthy Lifestyle
Forehand shots/Backhand shots	Tournament Play

*\*This is only a general plan for the course; deviations announced to the class by the instructor may be necessary\**

**Attendance:** Regular attendance and class participation are required and are important factors in your final grade. After two unexcused absences, ten points are deducted for each subsequent absence. More than four absences will result in a grade of unsatisfactory. Absences due to illness must be verified by a Physician, the Student Health Service, or by talking with the instructor and getting approval in advance.

**Course Evaluation:** The following criteria will be used to evaluate and grade the student's performance in this class. A combined score of 70 points is required to receive a grade of satisfactory. Points can be earned in these areas:

Attendance/Participation	40 points
Fitness Knowledge Component	40 points
Skills check	10 points
Rules quiz	10 points
<b>Total</b>	<b>100 points</b>

*All academic work must meet the standards contained in "A Culture of Honesty." Each student is responsible to inform themselves about those standards before performing any academic work.*