

# **SYLLABUS: Beginner Racquetball**

**Instructor: Mat Gregoski, M.S.**

1. **Course Number and Title:** PEDB 1230
2. **Course Description:** Racquetball
3. **Credit Hours:** 1
4. **Course Prerequisites:** No Prerequisites with the exception of “Clearance for Safe Exercise Participation” form
5. **Course Dates:** Fall Semester 2007
6. **Course Times:** Mondays and Wednesdays 1:25 – 2:15
7. **Office Hours:** Tuesdays 5:00 – 7:00 or by appointment
8. **Course Location:** Ramsey Center Room 126
9. **Instructor:** Mat Gregoski, Office Ramsey 109G, If you need to contact me please send me an e-mail to [matgregoski@gmail.com](mailto:matgregoski@gmail.com). I carry a Blackberry so unless the service is down (which in the past two years has never occurred) email are sent to me instantly. Please include your name and this course number in the subject line I will reply to your message as soon as possible (there may be delays based on my current schedule, but I will reply in a timely fashion)
10. **Required Texts, Safety Equipment, and Other Learning Resources:**

“Fitness and Wellness (UGA Edition)” , Dianne Hales, Sharon A. Hoeger, Werner K. Hoeger; 2007.

WebCt: <http://webct.uga.edu/> Add this course PEDB 1230 Beginner Racquetball

One other source to assist you in developing your personalized program, I will explain this further

**In addition, you must purchase a pair of Safety goggles to wear for this class, and two cans of balls for this class. You need to have your safety glasses purchased by 8/20/07.**
11. **Course Overview:** We will cover various topics related to Racquetball, these topics may include but are not limited to: Proper Safety and Etiquette, Rules of the Game, Strategies for improving your game. Different Drills that will assist you. Any other topics or interest (topics suggested by you).
12. **Course Objectives:** To develop skills necessary and learn the rules to participate in playing Racquetball. With the intent to continue to improve your game once this course has ended.
13. **Course Calendar/Schedule: (tentative). Please Refer to WebCt to see** Weekly modules of content/activity that will be covered each week.

## Weekly topics

1. Assignment titles
2. Dates of exams, quizzes, or other means of assessment
3. Due dates for major assignments
4. Required attendance dates for special events

14. **Grading Policy and Rubric:** What student work is graded and how grades are assigned. The Grade total is comprised of 100% of that 100% I require you to complete at least 80% but hope you will exceed this percentage. If you complete 80% or higher you receive an S for the Course. If you complete 60%-80% you receive an Incomplete. Less than 60% completion will result in an unsatisfactory grade assessment.

Percentage Breakdown:

40% : Fitness for life Quizzes which are taken and submitted online, I will discuss this further.

40% : Attendance you receive 3 “Free” absences for whatever reason you choose, if you exceed the 3 absences you are allotted you lose 3% off of the total for every additional absence, if the first 3 absences are for medical/health/family health, and you must miss additional classes we need to talk. However you do not use 3 unexcused absences and then come to me with a Doctor’s note expecting a 4<sup>th</sup> absence, without losing points.

20%: Group project, I will break down the class into groups with topics/drills to be presented. These should be brief 5-10 minute presentations.

I feel it is easy to pass this class with a satisfactory grade based on my expectations and policies listed above. If you feel differently please talk to me asap.

15. **Course Policies:**

1. Policy for submitting assignments: Assignments are to be turned in by their respective due dates, and Fitness for
  - b. Fitness for life quizzes: The due date for these will be announced in class and listed on webct, if you fail to complete a quiz by the assigned date you will not receive credit, no exceptions.
  - c. Attendance and lateness: Policy for attendance is listed about. I expect you to be on time for this course. Excessive tardiness will result in a loss of an absence
  - d. Academic dishonesty: Participation in this course requires a strict agreement to the UGA honor code. By entering the course you are agreeing to the following statement:

“I will be academically honest in all of my academic work and will not tolerate academic dishonesty of others.” UGA Student Honor Code