

## PEDB 1230 BEGINNING RACQUETBALL

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Office Hours: Thursdays 1pm – 3pm or by appointment

### Course Description:

This course is for beginners. Students will have the opportunity to learn and understand the skills and rules of racquetball. Applying skills and knowledge will be executed through participation and competition.

### Objectives:

To develop basic racquetball skills and a sufficient understanding of the rules so as to enjoy the game and be able to perform it at a recreational level; to improve overall cardiovascular conditioning and fitness; to help you establish a routine of physical activity that is concurrently demanding and enjoyable.

### Attendance:

Regular attendance and class participation are required and important factors in your final grade. More than three absences will result in a grade of unsatisfactory (U).

### Evaluation:

Fitness Knowledge (Notebooks due 10/1 & 11/28):	40 points
Attendance (10 points deducted for each absence):	40 points
Active Participation/ability to improve:	20 points

\*\*\*A combined score of 60 is required to achieve a satisfactory grade\*\*\*

### Textbook:

Hoeger, W.W., & Hoeger, S.A. (2005). *Fitness and wellness*. 6<sup>th</sup> ed. Belmont, CA: Thomson/Waldsworth.

### Brief Course Outline:

Equipment & Safety	Singles & Doubles Play
Rules	Defensive Shots
Service	Offensive Shots
Forehand Shots	Backwall Play
Backhand Shots	Strategy for Racquetball

### Dress and Equipment:

- Comfortable, non-restrictive and appropriate attire should be worn
- **Eye protection is mandatory!!!** (All students must purchase their own set of goggles and bring them to **every** class.)
- Non-marking tennis shoes
- Racquets and balls will be provided

\*\*\*Students arriving to class without the proper attire or safety goggles will not be allowed to participate in class and will receive an absence.

**Medical History:**

If you have ANY condition that may affect your participation in this class, or if you are over the age of 35, please notify the instructor prior to any class participation

**Academic Honesty Policy:**

All academic work must meet the standards contained in “A Culture of Honesty”. Students are responsible for informing themselves about those standards before performing any academic work. See- [www.uga.edu/ovpi/honesty/acadhon.htm](http://www.uga.edu/ovpi/honesty/acadhon.htm)

The course syllabus is a general plan for the course; deviations announced to the class by the instructor may be necessary.