

**DEPARTMENT OF HEALTH and HUMAN PERFORMANCE
MONTANA STATE UNIVERSITY-BILLINGS**

SYLLABUS - SPRING 2006

COURSE TITLE: HHP 114 Beginning Racquetball

INSTRUCTOR: Jay Shaw - Associate Professor

INSTRUCTOR OFFICE: PE 116

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OFFICE HOURS: As Posted on Office Door

COURSE DESCRIPTION: Designed for the novice and beginner player attempting to develop skills in racquetball. Basic skill techniques are covered and practiced, developing into competition. Basic strategies, safety, and prevention of injury thoughts and rules are also covered.

COURSE GOALS AND PURPOSE:

1. To help develop anaerobic and aerobic fitness components.
2. To demonstrate beginning skill level techniques: forehand strokes, backhand strokes, services and introduce backwall, ceiling and corner shots.
3. To be able to demonstrate and identify current rules and regulations of racquetball.
4. To be able to identify and apply racquetball safety procedures and prevention of injury principles.
5. To allow the student the opportunity to release stress through activity as well as an opportunity for enjoyment and leisure activity.
6. To be able to identify and choose proper clothing and equipment for racquetball.
7. To be exposed to and develop on-court racquetball strategies and variations.

PREREQUISITES: None

TEXT(S): None

COURSE POLICIES:

Accommodations: If you have a documented disability and require accommodations, please make an appointment with the instructor as soon as possible to discuss your needs.

Possible Additional Costs Incurred by Students During the Semester:

For safety reasons, there may be additional costs incurred by students for the class.

NECESSARY EQUIPMENT:

Racquetball racquet - this may be checked out at the recreation desk with your ID card

Racquetballs - each student must provide 2 racquetballs for play (1 can; blue, green, etc. balls)

Shoes - NO black sole shoes will be allowed in the court. 2 pair of socks and a good pair of court shoes are recommended.

Clothing: Stretchy clothing is recommended so an individual can move without hindrance.

GOGGLES:

No goggles = No play Protection of eyes is a MUST!

Optional: glove on the racquet hand to help gripping the racquet

SPECIAL CONSIDERATIONS:

Injury / Limitations: Injury is possible in playing racquetball. Common injuries include sprained ankles, pulled muscles, blisters, and small cuts and bruises. The major injury potential is to the eyes. IT IS ESSENTIAL all players are wearing proper eye protection during practice and play. Prevention includes stretching as part of warm-up and cool-down, wearing two pair of socks to help prevent blisters, adherence to all court safety aspects, and, as mentioned, EYE PROTECTION. Proper hydration will assist in prevention of muscle cramps, dehydration, and heat injury.

Safety Aspects: Safety aspects on the court include:

Learning proper execution of strokes; “racquet awareness” (how, when, and where swinging the racquet)

Racquet safety cord attached on the racquet and around the wrist

Proper positioning on the court when receiving the serve and during play. Try and be aware of players’ movements on the court and position accordingly. **DO NOT** turn completely around or look back to “see” what is going on behind you in the back court.

EYE PROTECTION

Extra Help: The instructor will try and be available for extra help each class 20 minutes prior to the start of the class and 20 minutes after class if any class members request additional assistance.

GRADING:

Participation - daily practice and play (4 points possible per day) - - - - -	60 Points
Performance - performance, effort, improvement, techniques - - - - -	30 Points
Skill Tests - Hitting off the back wall - - - - -	20 Points
Kill Shot test - - - - -	20 Points
Tournament Play - singles / doubles - - - - -	10 Points
Quizzes: 4 quizzes at 10 points each - - - - -	40 Points
Final Written Exam - rules and game situations - - - - -	<u>40 Points</u>
	TOTAL POINTS = 220

GRADING: A = 90% (198-220)	C = 70% (154-175)
B = 80% (176-197)	D = 60% (132-153)
	F = 131 and below points

COURSE SCHEDULE:

Jan. 19	Syllabus, course coverage, outfitting for play, equipment needs, warm-up, safety, rules handout
Jan. 24	Forehand and backhand grip, set, pivot, stroke, contact and follow-through - Introduction and practice
Jan. 26, 31	Basic Serves: drive serve, lob serve (possibly “Z” serve) Basic Offensive Shots: kill shot, passing shots “Practice Games”
Feb. 2, 7	Basic Shots: Defensive Shots: ceiling shots, high “z” (3 wall shot) “Practice Games”
Feb. 9	Short Games and “Help Sessions”
Feb. 14, 16	Game play and “Help Sessions”
Feb. 21	Skill Tests and Practice
Feb. 23, 28	“Tournament”
Mar. 2	Conclusion of Tournament (if needed) and “Final Exam”