

Course Syllabus

Department: Physical and Health Education
Course Title: Racquetball
Section #: 5567 PHED 1121.14015 T, Th 1:30-2:50
Start date: January 22, 2013
End date: May 9, 2013
Final Exam: May 16, Th. 8-10:30
Modality: Face to face
Credits: 1

Instructor information

Name: Kathy Graham
OC Email: kgraham@odessa.edu
OC phone #: 432-335-6566
Office hours: 1-4PM MW, 3:30-5:30T, 5-7 Th. Other times available by appointment.

Course Description

This course will provide instruction in and development of fundamental skills such as basic strokes, basic shots, serve, strategy, rules and variations of the game. This course will also enhance cardiovascular fitness, muscular strength and endurance and body composition through racquetball. Lab fee required.

Prerequisite/Co requisite:

Individuals are advised to seek medical advice prior to beginning an exercise program. Individuals must complete an Odessa College Education and Health Assessment form.

Scans:

3,4,5,9,10

Course Objectives

1. Understand the basic rules, strategies of racquetball. Demonstrate knowledge of proper warm-up, cool-down, and stretching routines.
2. Understanding of safety hazards and precautions for racquetball.
3. Demonstrate basic motor skills and proper technique of racquetball.
4. Have a familiarity with the basic health benefits of consistent weekly, cardiovascular and resistance exercise.

Required Materials

You must bring the following items to each class meeting:

1. Beginning Racquetball by Cheryl Norton and James E. Bryant. 7th edition
2. Current Odessa College ID for entrance to Sports Center
3. Protective eyewear
4. Appropriate footwear (non marking, non black soled shoes)
5. Appropriate racquetball attire
6. Water bottle with your name written on it

7. Racquet and balls

Odessa College Links

Physical & health

education department: <http://www.odessa.edu/dept/phed/>

Athletics: <http://www.wranglersports.com/>

Sports center: http://www.wranglersports.com/fac-serv/facilities/fitness_center/index.htm

Odessa college: <http://www.odessa.edu>

Schedule

This class is a lab so lecture, demonstration, textbook assignments and actual court play and drills will be utilized to achieve class goals.

Week	Activity	assignment	Teaching	Due
1	Last day for schedule changes Jan 23	Read Appendix 120-130 rules of racquetball		
2		Read ch 1 do checkpoints	Equipment, safety, resources	
3		Read ch 2 do checkpoints	Preparations for play	
4		Read ch 3 do checkpoints	Preliminaries to strokes	
5		Test 1 ch1-3 and rules		
6		Read ch 4 do checkpoints	Offensive strokes	
7	Spring Break Mar.11-16	Read ch 5 do checkpoints	Defensive Strokes	
8	Last day to apply Spring grad. March 22	Read ch 6 do checkpoints	Serves in racquetball	
9	Good Friday Mar. 29	Test 2 ch 4-6		
10		Read ch 7 do checkpoints	Using the back wall and corners	
11		Read ch 8 do checkpoints	Non-thinking strategy	
12	Last day to drop with a W April 16, Tues	Read ch 9 do checkpoints	Thinking strategy	
13		Read ch 11 do checkpoints	Court etiquette, interpreting rules and strategy	
14		Test 3 ch7-11		
15	Last regular class			

	day May 9, Th.			
16	May 16, Th. 8-10:30	Final exam-comprehensive		

Assignments

type	Points Possible	Points total	Points Earned
Participation lab points (Requires more than attendance)	5		
demonstrations	10		
Test (3)	20 each		

Grading policy

Grade	Percentage %
A	(90 -100%)
B	(80-89%)
C	(70-79%)
D	(60-69%)
F	Below 60%

Blackboard

Schedule is tentative and may change. It is the Student's responsibility to check Blackboard for all class announcements, locations and assignments. Grades will also be posted on Blackboard.

Class Attendance/Drop Policy

This is a lecture/lab course. As such, credit can only be given for labs in which students actively take part. Participation is an essential component of the class, and grading scale. The only excused absences are medical emergencies and official college-sponsored activities. No late work will be accepted. No extra credit will be offered. No makeup tests will be allowed, except for emergency situations. For every 3 unexcused absences, grade will be dropped by 1 letter grade. It is the student's responsibility to drop the class. If you stop attending the class, the instructor will not drop you. This will result in a letter grade of F. Every tardy counts as .5 of a class missed. Only for excused absences, an alternative assignment is available to earn participation points.

Student E-mail

Please access your Odessa College Student E-mail, by following the link to either set up or update your account: <http://www.odessa.edu/gmail/>

Special Needs

Odessa College complies with Section 504 of the Vocational Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990. If you have any special needs or issues pertaining to your access to and participation in this or any other class at Odessa College, please feel free to contact me to discuss your concerns. You may also call the Office of Disability services at 432-335-6861 to request assistance and accommodations.

Learning Resource Center (Library)

The Library, known as the Learning Resources Center, provides research assistance via the LRC's catalog (print books, videos, e-books) and databases (journal and magazine articles). Research guides covering specific subject areas, tutorials, and the "Ask a Librarian" service provide additional help.

Technical Support

For Blackboard username and password help and for help accessing your online course availability and student email account contact the Student Success Center at 432-335-6878 or online at https://www.odessa.edu/dept/ssc/helpdesk_form.htm.

Important School Policies

For information regarding student support services, academic dishonesty, disciplinary actions, special accommodations, or students' and instructors' right to academic freedom can be found in the Odessa College Student Handbook

Student Success Discount:

10%Discount: Upon completion of 30 credit hours of college-level courses with a 2.0 GPA, students are eligible for a 10% tuition discount on future registrations until reaching 45 credit hours.

20% Discount: Upon completion of 45 credit hours of college-level courses with a 2.0 GPA, students are eligible for a 20% tuition discount on future registrations until reaching 60 credit hours.

Instructor Evaluations

"The SEI process for face-to-face and online courses is scheduled for the week of April 28."

Expectations for Engagement – Face to Face Learning

To help make the learning experience fulfilling and rewarding, the following Expectations for Engagement provide the parameters for reasonable engagement

between students and instructors for the learning environment. Students and instructors are welcome to exceed these requirements.

Reasonable Expectations of Engagement for Instructors

As an instructor, I understand the importance of clear, timely communication with my students. In order to maintain sufficient communication, I will provide my contact information at the beginning of the syllabus; respond to all messages in a timely manner through telephone, email, or next classroom contact; and notify students of any extended times that I will be unavailable and provide them with alternative contact information (for me or for my supervisor) in case of emergencies during the time I'm unavailable.

As an instructor, I understand that my students will work to the best of their abilities to fulfill the course requirements. In order to help them in this area, I will provide clear information about grading policies and assignment requirements in the course syllabus, and communicate any changes to assignments and/or to the course calendar to students as quickly as possible.

As an instructor, I understand that I need to provide regular, timely feedback to students about their performance in the course. To keep students informed about their progress, I will return classroom activities and homework within one week of the due date and provide grades for major assignments within 2 weeks of the due date or at least 3 days before the next major assignment is due, whichever comes first.

Reasonable Expectations of Engagement for Students

As a student, I understand that I am responsible for keeping up with the course. To help with this, I will attend the course regularly and line up alternative transportation in case my primary means of transportation is unavailable; recognize that the college provides free Wi-Fi, computer labs, and library resources during regular campus hours to help me with completing my assignments; and understand that my instructor does not have to accept my technical issues as a legitimate reason for late or missing work if my personal computer equipment or internet service is unreliable.

As a student, I understand that it is my responsibility to communicate quickly with the instructor any issue or emergency that will impact my involvement with or performance in the class. This includes, but is not limited to missing class when a major test is planned or a major assignment is due; having trouble submitting assignments; dealing with a traumatic personal event; and having my work or childcare schedule changed so that my classroom attendance is affected.

As a student, I understand that it is my responsibility to understand course material and requirements and to keep up with the course calendar. While my instructor is available for help and clarification, I will seek out help from my instructor and/or from tutors; ask questions if I don't understand; and attend class regularly to keep up with assignments and announcements.

