



MASTER COURSE OUTLINE

Prepared By: Michael De Hoog

Date: August 8, 2020

COURSE TITLE

Racquetball

GENERAL COURSE INFORMATION

Dept.: PEH

Course Num: 158

(Formerly:)

CIP Code: 13.0502

Intent Code: 11

Program Code:

Credits: 1

Total Contact Hrs Per Qtr.: 22

Lecture Hrs: 0

Lab Hrs: 22

Other Hrs: 0

Distribution Designation: PEH Activity Credit AC

COURSE DESCRIPTION (as it will appear in the catalog)

Racquetball is designed to introduce the student to the knowledge and basic skills of racquetball and to develop those skills to a level that enables the student to participate in the sport at a beginning level. May be repeated for up to three (3) credits.

PREREQUISITES

None

TEXTBOOK GUIDELINES

Determined by instructor

COURSE LEARNING OUTCOMES

Upon successful completion of the course, students should be able to demonstrate the following knowledge or skills:

1. Demonstrate and explain the essential skills in playing racquetball.
2. Identify specific strokes and explain the strategy of each.
3. Explain the rules and identify specific racquetball terms.
4. Play a competitive game of singles, doubles and cutthroat.

INSTITUTIONAL OUTCOMES

IO3 Human Relations/Workplace Skills: Students will be able to demonstrate teamwork, ethics, appropriate safety awareness and/or workplace specific skills.

COURSE CONTENT OUTLINE

1. Rules and objectives
2. Skill improvement
 - a. Forehand
 - b. Backhand
 - c. Serve
 - d. Smash

3. Strategies and types of play

DEPARTMENTAL GUIDELINES *(optional)*

Reinforces the National Association of Sport and Physical Education (NASPE standards)

1. Participates regularly in physical activity.
2. Achieves and maintains a health-enhancing level of physical fitness.
3. Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

DIVISION CHAIR APPROVAL

DATE