

EASTERN ARIZONA COLLEGE

Beginning Racquetball I

Course Design
2016-2017

Course Information

Division Health & Physical Education
Course Number HPE 1010
Title Beginning Racquetball I
Credits 1
Developed by Jim Bagnall
Lecture/Lab Ratio 0 Lecture/2 Lab

Transfer Status

| ASU | NAU | UA |
|------------------|---------|--|
| EXW 105, KIN 105 | PES 100 | PE Departmental Elective, PE Activity Credit limit of three units |

Activity Course Yes
CIP Code 31.0501
Assessment Mode Portfolio
Semester Taught Upon Request
GE Category AAS degree only
Separate Lab No
Awareness Course No
Intensive Writing Course No

Prerequisites

None

Educational Value

For students who can benefit from learning lifetime skills and want to increase their physical fitness level.

Description

To develop racquetball skills, knowledge of the rules of the game that can be demonstrated during competition, and to increase level of physical fitness.

Supplies

Work out attire and tennis/court shoes

Competencies and Performance Standards

1. Perform the strokes.

Learning objectives

What you will learn as you master the competency:

- a. Perform the skills of the forehand.
- b. Perform the skills of the backhand.
- c. Demonstrate the grip.
- d. Practice the grip change.

Performance Standards

Competence will be demonstrated:

- o during a game/scrimmage on the racquetball court

Criteria - Performance will be satisfactory when:

- o learner performs the forehand
- o learner performs the backhand
- o learner demonstrates the grip
- o learner performs the grip change

2. Practice the serve.

Learning objectives

What you will learn as you master the competency:

- a. Perform the drive serve.
- b. Perform the jam serve.
- c. Perform the lob serve.
- d. Perform the z serve.

Performance Standards

Competence will be demonstrated:

- o during a game/scrimmage on the racquetball court

Criteria - Performance will be satisfactory when:

- o learner performs the drive serve
- o learner performs the jam serve
- o learner performs the lob serve
- o learner performs the z serve

3. Practice the basic shots.

Learning objectives

What you will learn as you master the competency:

- a. Perform the offensive shot.
- b. Perform the overhead slam.
- c. Perform the passing shot.
- d. Perform the around-the-wall.
- e. Perform the z-ball.

Performance Standards

Competence will be demonstrated:

- during a game/scrimmage on the racquetball court

Criteria - Performance will be satisfactory when:

- learner performs the offensive shot
- learner performs the overhand slam
- learner performs the passing shot
- learner performs around-the-wall ball
- learner performs the z-ball

4. Demonstrate shots using the back wall.

Learning objectives

What you will learn as you master the competency:

- a. Perform the back-wall shot.
- b. Demonstrate the side-to-side shuffle step.
- c. Demonstrate racquet preparation.

Performance Standards

Competence will be demonstrated:

- during a game/scrimmage on the racquetball court

Criteria - Performance will be satisfactory when:

- learner performs the back-wall shot
- learner demonstrates the side-to-side shuffle step
- learner demonstrates the racquet preparation

5. Develop a game plan.

Learning objectives

What you will learn as you master the competency:

- a. Demonstrate how to control the center court area.
- b. Utilize individual strengths.
- c. Analyze your opponent's weakness.

Performance Standards

Competence will be demonstrated:

- during a game/scrimmage on the racquetball court

Criteria - Performance will be satisfactory when:

- learner spends more time in center-court area than opponent does
- learner performs the backhand shot
- learner performs the forehand shot
- learner performs all shots to opponent's weak side

Types of Instruction

Demonstrations and Videos

Grading Information

Grading Rationale

Portfolio 20%

Attendance 80%

Grading Scale

A 90-100%

B 80-89%

C 70-79%

D 60-69%

F 59% or below