

SAM HOUSTON STATE UNIVERSITY
Department of Health and Kinesiology
FALL 2007

COURSE: KIN 110 - Racquetball OFFICE: BFH
INSTRUCTOR: Trent Grona PHONE: 294-1732
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TEXT NONE

COURSE DESCRIPTION

Students who have successfully completed the requirements of this course shall have increased their knowledge and understanding of racquetball concerning:

COURSE OBJECTIVES

1. The origin and development of the game
2. The values of the sport as a lifetime activity
3. Selection, care and use of equipment
4. Fundamental skills, common errors and corrections thereof
5. Etiquette
6. Strategies for play in singles, doubles and cutthroat
7. Ethical competition

COURSE CONTENT

1. Rules, etiquette, equipment, terminology, safety
2. Appropriate warm-up and practice drills
3. Essential skills: Forehand/Backhand Strokes, Serves (Drive, Lob, Z, Garbage serves), Ceiling Shot, Passing Shots (Cross Court, Down the Line), Kill Shots (pinch, straight), shot selection.
4. Strategy: Placement, Position, Patience, Practice
5. Singles, Doubles, Cutthroat
6. Tournament competition

COURSE EVALUATION

The evaluation process will be as follows:

- | | |
|--|----|
| 1. Mid-term Exam (Chapters 1, 3-6 & rules) | 20 |
| 2. Final Exam (Chapters 7-9, 11 & rules) | 10 |
| 3. Skill Test | 30 |
| (a) 60-second wall volley (behind the receiving line)
to be graded as follows (20): | |

	MEN	POINTS		WOMEN
A	41 --->	30.0	A	35 --->
	38 - 40	28.5		33 - 34
B	35 - 37	26.7	B	30 - 32
	33 - 34	25.5		28 - 29
	31 - 32	24.3		26 - 27
C	29 - 30	23.7	C	24 - 25
	27 - 28	22.5		22 - 23
	25 - 26	21.3		20 - 21
D	23 - 24	20.7	D	18 - 19
F	22	17.7	F	17

(b) hitting form while completing skill test (10)

4. Ladder Tournament 30

1/3 A's; 1/3 B's, 1/3 C's with men and women in
separate divisions - A = 30; B = 25.5; C= 22.5

5. Participation 10

ATTENDANCE/ABSENCES

Should you miss class, it is your responsibility to determine what was missed and be prepared for the next class period. Your grade may be affected as follows after three hours of absences:

Hours

- 4 Grade reduced by one letter grade
- 5 Grade reduced by two letter grades
- 6 Grade reduced by three letter grades
- 7 Failure

ATTIRE

Only court shoes will be permitted so as not to mark the floors. All players must wear eye guards with lenses and provide their own racquetballs. Racquets will be provided. Shorts and shirts or warm-ups are acceptable. (No chewing of gum or other substances is permitted while participants are on the courts.)

“Students with a disability which affects their academic performance are expected to arrange for a conference with the instructor in order that appropriate strategies can be considered to ensure that participation and achievement opportunities are not impaired.” The physically impaired may contact the Director of the Counseling Center, ext. 4-1720.

STUDENT ABSENCES ON RELIGIOUS HOLY DAYS POLICY

Section 51.911(b) of the Texas Education Code requires that an institution of higher education excuse a student from attending classes or other required activities, including examinations, for the observance of a religious holy day, including travel for that purpose. A student whose absence is excused under this subsection may not be penalized for that absence and shall be allowed to take an examination or complete an assignment from which the student is excused within a reasonable time after the absence.

University policy 861001 provides the procedures to be followed by the student and instructor. A student desiring to absent himself/herself from a scheduled class in order to observe (a) religious holy day(s) shall present to each instructor involved a written statement concerning the religious holy day(s). This request must be made in the first fifteen days of the semester or the first seven days of a summer session in which the absence(s) will occur. The instructor will complete a form notifying the student of a reasonable timeframe in which the missed assignments and/or examinations are to be completed.