

# Bemidji State University

## PHED 1840: Skills for Life: Racquetball

### A. COURSE DESCRIPTION

Credits: 1

Lecture Hours/Week: \*.\*

Lab Hours/Week: \*.\*

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: None

An activity course that examines and applies the fundamentals and skills of racquetball. Components such as safety, serving and volleying will be emphasized. Singles, cutthroat, and doubles play will be introduced. Liberal Education Goal Area 11.

**B. COURSE EFFECTIVE DATES:** 08/22/1997 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

1. Basic rules, equipment, Safety, Court
2. Developing control of the ball
3. Basic strokes, Forehand and backhand
4. Power Serve and Service return
5. Lob Serve
6. Passing and ceiling shots/Kill Shots
7. Cutthroat
8. Singles play and Tournament
9. Doubles play
10. Benefits of participating - 3 grips
11. Strategy Rules - Doubles play
12. Skills Assessment

#### **D. LEARNING OUTCOMES (General)**

1. develop the capacity to perform critical analysis of their own racquetball skill, make changes and improve their skill
2. analyze their own physical activity behavior and compare it to a national standard
3. demonstrate an appreciation (value) for the game of racquetball as a form of physical activity and development of social wellness.
4. demonstrate higher order thinking by demonstrating knowledge of strategies for singles and doubles play.
5. develop their racquetball skill to improve their physical wellness.
6. understand and demonstrate proper racquetball etiquette to develop their social wellness.
7. understand the basic history and scoring of racquetball
8. understand the basic rules of racquetball
9. demonstrate proper grips, footwork, strokes (forehand groundstroke, backhand groundstroke, and serve), weight transfer, and follow through.
10. engage in collaborative learning with other students in the class to aid in assessment of each students racquetball stroke on the three strokes (forehand, backhand, serve).

#### **E. Minnesota Transfer Curriculum Goal Area(s) and Competencies**

None

#### **F. LEARNER OUTCOMES ASSESSMENT**

As noted on course syllabus

#### **G. SPECIAL INFORMATION**

None noted