

South Plains College
Department of Kinesiology
SYLLABUS – KINE 1108: Racquetball

Instructor: Bart Bradshaw

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Office Hours: 7:15-7:45 M/W & 7:15-8:00 T/TH

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Course Description: This course is an introduction to rules, shots, and strategies for singles, doubles, and cutthroat. This course develops fundamental skills and techniques of court play for beginners. Participation by skill level assures vigorous activity for cardiovascular fitness. The students will be able to recognize racquetball as a lifetime activity with fitness qualities. Daily observation. The student will demonstrate knowledge of the rules of singles, cut-throat, and doubles. The student will develop skills in shots, serves, and footwork necessary for participation

Prerequisite: None

Credit: 1 Lecture: 0 Lab: 2

Textbook: None

Supplies: Athletic apparel, Racquet & Protective Eyewear/Goggles, and non-marking athletic shoes.

This course partially satisfies a Core Curriculum Requirement: No

Core Curriculum Objectives addressed: None

Course Evaluation: 60% ATTENDANCE / PARTICIPATION – 60PTS
20% SKILL & ETIQUETTE – 20PTS
20% WRITTEN FINAL EXAM – 20PTS
100 % CLASS GRADE – 100PTS

A 90 – 100; B 80 – 89; C 70 – 79; D 60 – 69; F 0 - 59

Attendance Policy: See the South Plains College General Catalog for class attendance and excessive absences. An individual may be dropped on the 5th absence.

Course Semester Schedule:

Day	Daily Activity
1	Check roll, Syllabus, Discuss class, Grading and Attendance
2	Recap Day 1, Tour facility, Introduce stretches, Issue lockers
3	Stretch, laps, explain court markings and hands-on rules
4	Stretch, laps, explain racquet grips, follow through, and wrist
5	Stretch, laps, serves, ball placement
6	Stretch, laps, serves, 2 on 2
7	Stretch, laps, serves, 2 on 2
8	Stretch, laps, serves, 2 on 2

9	Stretch, laps, serves, 2 on 2
10	Stretch, Laps, Singles Tournament
11	Stretch, Laps, Singles Tournament
12	Stretch, Laps, Singles Tournament
13	Stretch, Laps, Singles Tournament
14	Stretch, Laps, Singles Tournament
15	Stretch, Laps, Singles Tournament
16	Stretch, Laps, Singles Tournament
17	Stretch, Laps, Singles Tournament
18	Stretch, Laps, Singles Tournament
19	Stretch, Laps, Singles Tournament
20	Stretch, Laps, Singles Tournament
21	Stretch, Laps, Doubles Tournament
22	Stretch, Laps, Doubles Tournament
23	Stretch, Laps, Doubles Tournament
24	Stretch, Laps, Doubles Tournament
25	Stretch, Laps, Doubles Tournament
26	Stretch, Laps, Doubles Tournament
27	Stretch, Laps, Doubles Tournament
28	Stretch, Laps, Doubles Tournament
29	Stretch, Laps, Doubles Tournament
30	Stretch, Laps, Doubles Tournament
31	Play, Final Review
32	Final Exam

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