

Fitness and Recreational Activity
FRA 124.002- Racquetball
Spring 2012
August 27, 2012- October 19, 2012

Instructor: Jonathan Bange
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Office: MRC 139
Office Phone: (903) 468- 3176
Office Hours: by appointment
Class Meeting Time: Monday & Wednesday 9:30a - 10:45a
Class Meeting Place: MRC Racquetball Courts (You need your ID to enter)

Textbook (required): **No text required. However, you will need a folder to keep your required readings that will be found in the library, on the Internet, or in class.**

Course Description: The introduction and development of basic skills and general rules related to the game of racquetball with particular emphasis on acquisition of skills. It will acquaint the student with the knowledge and skills necessary to understand and enjoy the game of racquetball while acquiring the physical benefits of participating. All material required would be provided by the instructor including mandatory protective eyewear.

Objectives:

- A. Learn the terminology, equipment, and rules racquetball matches
- B. Develop the skills necessary to participate in racquetball
- C. Incorporate strategies of play
- D. Discuss and employ basic offensive and defensive strategy and tactics.

Entry Level Standards: Students should be able to effectively communicate via documentation as well as orally expressing themselves with the instructor and peers. Complete assignments according to instructor specifications and read and write at the required level.

Attire: Students must be dressed in appropriate athletic attire depending on the daily activities. Attire should permit for a full range of motion. Students will be competing on the MRC racquetball courts as well as outside the facility for some exercises. For health and safety purposes students not dressed appropriately will be considered absent. For example, students

that wear what can be considered jeans or khakis will be considered absent for the day.

Evaluation:

Knowledge		30%
Terminology and Equipment Quiz	10%	
Rules and Strategy Final	20%	
Skills		
Students will have to display knowledge of as well as execute proper technique of each skill shot.		
		70%
Forehand Shot	10%	
Backhand Shot	10%	
Serve	10%	
Overhead Stroke	10%	
Ceiling Shot	10%	
Side Wall Shot	10%	
Kill Shot	10%	
Total		100%

My Grading Policy:

At the end of the semester, I will assign your earned letter grade according to the schedule below:

A= 90 and above

B= 80 to 89.9

C=70 to 79.9

D=60 to 69.9

F=59.9 and below

Pass/Fail: passing grade is 69.5

NOTHING can be done to change your final grade once it is assigned (no extra credit, extra assignments, retaking tests, etc.). Multiple opportunities are given for students to earn their course grade, and I suggest YOU take advantage of every opportunity to make the highest grade possible. In other words, attend class EVERY DAY and participate in class.

Written Test and Quiz:

Your written test will be multiple-choice and matching. It will have fewer than 50 questions. If you cannot take the exam due to illness, injury, or family emergency, the instructor must be notified prior to the exam. Students will be required to present appropriate documentation for missing a scheduled exam. All make-up exams will be scheduled as the need arises.

Bonus Points:

A. One point may be earned for each group fitness class you attend regardless of the class being held within Campus

Recreation or elsewhere. You must have the instructor sign a sheet of paper with your name, the date, name of the class, location of class taken, as well as the phone number of the facility at the end of class. Submit it to me immediately. You will only get credit one time for each **different** class you attend. No exceptions.

B. One point may be earned for winning the singles tournament held in class.

C. One point may be earned for both students that win the doubles tournament held in class.

D. A maximum of 5 points extra credit may be earned.

E. The LAST day to submit any extra credit is October 19th at the **beginning of class**. NO EXCEPTIONS!

Class Attendance:

Students are expected to attend every class because so much of the course is depending on the student's skill development. For each unexcused absence, 6 points will be deducted from the final grade. Two points will be deducted from the final grade for each tardy up to 10 minutes. After 10 minutes the student will be considered absent. Class assignment will not be accepted after the due date. Excused absences are defined by university policy (see below) and must be documented appropriately WITHIN ONE WEEK of the absence (I need a copy of the documentation that I can keep).

Statement of Student Behavior

All students enrolled at the university shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment (see Student's Guide Handbook).

Disabilities Statement

The Americans with Disabilities Act (ADA) legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. Students requesting accommodations for disabilities must go through the Academic Support Committee. For more information, please contact:

Director of Disability Resources and Services

James Gee Library, room 132,

(903) 886-5150.

Library Assistance: Contact Dr. W. Scott Lancaster-Gee Library 216

(903) 886-5725

Course Policies

1. Please check your e-mail on a regular basis. There may be important announcements throughout the semester and e-mails will be my primary form of communication with you outside the class. Please keep all e-mails professional. I will be available to meet at my office by appointments made through e-mail.
2. While you are in class, I expect you to participate. That means that you should a) actively prepare by reading the assigned material, b) TALK (ask and answer questions), c) bring your notes and folder to class, d) bring your ideas, and e) refrain from anything that is not class-related during class (newspaper, reading for another class, text messages, etc.) Students who choose to disrupt class by not participation will be asked to leave. CELL PHONES AND ALL OTHER ELECTRONIC DEVICES MUST BE TURNED OFF AND OUT OF SIGHT. This is a zero-tolerance policy (Thanks in advance!). If you use a cell phone, iPod, etc. in class, you will lose 1 point per incident (off your final grade). If you have an emergency, please let me know.
3. Please notify the instructor with a documented excuse for the following circumstances: religious days, university events, death/illness in family, legal issues, and military service. Any student missing an exam or assignment without prior arrangements will receive a score of zero.
4. I am here to help and, I will work with you but communication is key! You may e-mail me at any time, and I will respond within 24 hours. If you have a technology problem, please contact Technology Services @ 903-468-6000.
5. Any student missing an exam or assignment without prior arrangement will receive a score of zero.
6. Again, I am here to help you. I want you to take the most out of this course and apply it somewhere in your life. Have fun and learn! This schedule is subject to change. I will let you know if any changes are made.

Day	Date	Activity	Due Assignment
M	27-Aug	Intro to class & Syllabus	
W	29-Aug	Terminology & Rules	
M	3-Sep	Forehand	
W	5-Sep	Backhand	
M	10-Sep	Service	
W	12-Sep	Sidewall Shot	
M	17-Sep	Overhead Shot	
W	19-Sep	Ceiling Shot	
M	24-Sep	Backwall shot	
W	26-Sep	Kill Shot	Terminology & Equipment Quiz
M	1-Oct	Singles Tournament	
W	3-Oct	Singles Tournament	
M	8-Oct	Skills Test	
W	10-Oct	Skills Test	
M	15-Oct	Doubles Tournament	
W	17-Oct	Doubles Tournament	
M	19-Oct	Final	Rules & Strategy Final

You are responsible for coming to class and getting all necessary information regarding this course. If you miss class, you may talk to anyone in the class to find out about any announcements or changes.