



PE 1110

Division: Social and Behavioral Science

Department: Physical Education

Course: PE 1110

Title: Racquetball I

Catalog Description:

This physical education activity class is designed to help students understand the rules and strategies of racquetball, to help them improve their skills, and play safely and effectively.

General Education Requirements: N/A

Semesters Offered: Fall, Spring, Fall 2, Spring 2

Credit/Time Requirement: Credit: 1; Lecture: 0; Lab: 2

Clock/Hour Requirements: 0

Offered for Non-Credit: No

Prerequisites: None

Corequisites: None

Justification:

This course fills an elective physical education credit at all of the four year institutions in Utah.

Student Learning Outcomes:

Teach skills and rules of racquetball.

Content:

Teach rules, court markings, safety factors, fundamental skills and strokes.

General Education Outcomes:

10) Apply personal-fitness and wellness-management principles to lifestyle choices.

The game of racquetball develops cardiorespiratory endurance, speed, agility, and power. These elements of physical fitness provide a strong base for personal-fitness which is a keystone to manage health and wellness.

Key Performance Indicators:

This P.E. activity class is graded heavily on attendance (about 70%) Skill assessment is about 5%. The written final which covers rules, etiquette, strategies, and techniques is about 25%

Representative Text and/or Supplies:

None

Optimum Class Size: 9

Maximum Class Size:

PE 1110

Signatures:

I hereby submit this course syllabus:

Virgil Ash, M.A., Associate Professor

I hereby find this course consistent with the goals and resources of the Physical Education Department:

Bob Trythall, MS, Associate Professor, Chair

I hereby find this course consistent with the goals and resources of the Social and Behavioral Science Division:

Sue Dalley, M.S., Associate Professor, Dean

I have discussed the need for library resources related to this class with the person submitting the syllabus:

Lynn Anderson, MLIS, Technical Services Librarian (Main Campus)

Michelle Olsen, MLS, Campus Librarian (Richfield Campus)