



PE 1111

Division: Social and Behavioral Science

Department: Physical Education

Course: PE 1111

Title: Racquetball II

Catalog Description:

This course is a physical education activity class designed to help students improve and develop advanced skills in racquetball. This course is repeatable for credit.

General Education Requirements: N/A

Semesters Offered: Fall, Spring, Summer

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

Clock/Hour Requirements: 0

Offered for Non-Credit: No

Prerequisites: Racquetball I or instructor approval

Justification:

This course fulfills a physical education elective credit at Utah State University (P.E. 1240)

Student Learning Outcomes:

This course is designed to teach advanced racquetball skills and shots. Students practice court positioning and strategy to strengthen their mental and physical approach to the game.

Content:

This course will teach students to:

- Improve serves and strokes.
- Dominate center court.
- Chose appropriate shots for various playing situations.
- Emphasize strategy and the mental approach to the game.

General Education Outcomes:

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

Racquetball is a game that requires quick movement side to side as well as forward and backward allowing little time for the heart rate to recover between rallies. This characteristic makes the game an extreme aerobic workout, which in time, will strengthen the cardiovascular system and improve overall health and wellness.

Key Performance Indicators:

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Assessment is based on the following approximate values: Attendance 70%. Quiz 5%.Skills test 5%, Final 20%

Representative Text and/or Supplies:

Instructor handouts

Optimum Class Size: 9

Maximum Class Size: 12

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)