Course: Racquetball P.A. 1113.01Z  M-TR 10:00-11:15 a.m.
Instructor: Jack Plott, BS, MAT, M.Ed.
Dept. of Defense Dependent Schools (overseas) (1990-2006) P.E. K-12
ASU Kinesiology Dept. spring 2009 to present
Office: CHP 105
Office Hours: M-TR 9:15-9:45
Phone: 949-9807 (home) 227-5649 (cell)
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Course Description:
This course will provide the student with principles and knowledge to be able to play singles, cutthroat and doubles racquetball.

Course Objectives:
Upon completion of this course, students should be able to: discuss definitions, detect errors and how to correct them; demonstrate correct body position and how to follow through with the correct forehand and backhand shots; serve to both sides of the court, serve to the opponent's weakest side; hit passing shots, ceiling and kill shots; how to play the back wall; strategy in playing; how to play with 2, 3 or 4 players; rules of play and court safety rules. Students will also receive an understanding in various wellness topics as: portion control, hidden ingredients in many beverages, ways to slow down the aging process and at the same time, increase the quality of their lives.

Course Attendance & Participation
Attendance is required for success in this course. We will have 19 class days with each counting 3.5 points (66 points total for the semester). You may make up absences by playing racquetball at least 60 minutes in the afternoons/evenings with written gym attendant verification (which will be turned into me the next class for credit). The court hours are posted at the gym.
Course Grading | Grading Scale
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Attendance | 66% | 90-100% | A
Portion Distortion paper | 6% | 80-89% | B
Obesity in a Bottle paper | 6% | 70-79% | C
Slow Aging Process/ | 6% | 60-69% | D
Lifestyle changes paper | 12% | 59 and below | F
Final test | 10% |
Total (100 points) | 100% |

Because grades are cumulative during the semester, to determine your current grade average, do the following: add up the cumulative totals at that point to include the 66 pts. for attendance and any papers that have been assigned. Divide your grade total on your black board by the total cumulative points. Example—you have a 62 on your blackboard and 85 points have accumulated. 62 divided by 85 =73% (C).

Persons seeking accommodations:

Persons with disabilities which may warrant academic accommodations must contact the Student Life Office, Rm. # 112 University Center, in order to request such accommodations prior to any accommodations being implemented. You are encouraged to make this request early in the semester so that appropriate arrangements can be made.

Honor Code:

Angelo State University expects its students to maintain complete honesty and integrity in their academic pursuits. Students are responsible for understanding the Academic Honor Code, which is contained in both print and web versions of the Student Handbook.

Semester Schedule (subject to change)

7-10 orientation (CHP 203) & basic skills
7-11 basic skills
7-12 basic skills
7-16 singles
7-17 “Portion Distortion” wellness presentation/play (CHP 203)
7-18 singles
7-19 cutthroat
7-23 cutthroat
7-24 “Obesity in a Bottle” wellness presentation/play (CHP 203)
7-25 doubles
7-26 doubles
7-30 doubles
7-31 mixed play (non-dominate hand)
8-1 “How to Slow Down the Aging Process” wellness presentation/play (CHP 203)
8-2 mixed play
8-6 mixed play
8-7 exam review, exam & mixed play
8-8 Wallyball (last class day)