

MAYVILLE STATE UNIVERSITY

Racquet Sports, HPER 120

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Fall, 2018

Instructor Name and Contact Information: FH 130, alex.herman.2@mayvillestate.edu

Hours of Availability: Hours are posted on office door. **Schedule an appointment for certain time.

Learning Management System (LMS) used for this Course: Moodle

Instruction Mode: On-campus face-to-face

Time Zone: All times indicated throughout this syllabus reflect Central Time (CT)

How to address your instructor: Coach Al or Mr. Herman will both work with me.

Meeting Times and Location: Tuesday & Thursday, 10:00-10:50

Course Description

Combining the skills used when playing several racquet games: badminton, speedminton, pickleball, racquetball, table tennis, and tennis. Students in this class will be introduced to teaching methodology for each of these racquet sports.

Purpose of the Course

Racquet sports class will take students and educate them as well as engage them in sport and exercise using a variety of sports involving a racquet. Students will learn rules and skills that are attributed to competing in badminton, tennis, racquetball, pickleball, and table tennis. Physical fitness involves, muscle strength, flexibility, muscle endurance, and cardiovascular endurance.

Course Objectives

Students will be able to: (INTASC 4,5)

1. The student will demonstrate the psychomotor skill (as assessed by skill tests, self-evaluation of skills checklists, and instructor observation) to properly:
 - a) Grip the racquets and prepare to hit
 - b) Hit forehand and backhand passing shots
 - c) Hit forehand and backhand kill shots
 - d) Serves
2. The student will demonstrate a mastery of the cognitive aspects of racquet sports (as assessed by written examinations, quizzes, and checklists), including:
 - a) An overview of the game of racquet sports
 - b) An overview of racquet equipment
 - c) A knowledge of racquetball, table tennis, pickleball, tennis, and badminton rules and terminology
 - d) Scope and teaching sequence for the game of racquet sports
 - e) Strategies for singles, doubles, and cut-throat play

Program Student Learning Outcomes (SLOs) Addressed in This Course

Health Education, B.S.Ed.

SLO #3: Knowledge: Apply discipline specific concepts to all HPER majors to health, physical activity, exercise, or sport specific situations.

SLO #5: Technology: Students will demonstrate a minimum proficiency with technology to access valid information; make measurements, products, and services to enhance health.

- The entire Academic Program Student Learning Outcomes (SLO) document can be found in your Moodle course shell. The document has an index so you can quickly find the degree you are pursuing.

The Academic Program Student Learning Outcomes document can be found in your course shell. It contains all learning outcomes pertaining to Essential Studies courses and all majors and minors. The document has an index so you can quickly find the degree you are pursuing.

Course Improvements Based on Most Recent Assessment Findings

This course will be assessed in the future and the findings will be reported in this syllabus.

Required/Recommended Materials

Racquetball Racquet, Tennis Racquet, Badminton Racquet

Instructional Strategies

Cooperative Learning Activities, Class Discussions

Learning Experiences

Through the following teaching experiences and special projects, you will get a great deal of hands on work with your professional training as a teacher.

1. Attend class. This is a one-hour class – Please notify the professor prior to any absence.
2. Participate actively in cooperative learning activities and class discussion.

Expectations/Protocols

Attending class and actively participating with others is a must in this course. If you are going to be gone, communicate with me as soon as possible.

Instructor/Student Communication

Please contact me whenever needed regarding attendance or general questions/concerns. Email will be the best means of communication, this will be how I will communicate if there comes a time when I will be absent from class as well.

If you email me between the hours of 7:00 am and 7:00 pm, you can expect a timely response. Any email after 7:00 pm, I will reply as soon as I see it the next morning.

Students are accountable for all academic communications sent to their Mayville State University e-mail address.

Method of Evaluation/Grading

(Grades are based on total points)

1. Attendance - you are expected to be in class every day. Please notify the professor prior to your absence.
2. Active participation in cooperative learning activities and class discussions

3. You receive 5 points for being on time and active in class. If you are late or not active you will lose points.

Grading Scale:

A = 90%

B = 80%

C = 70%

D = 60%

F = below 60%

Important Student Information

In the course shell, you will find a document entitled, "Important Student Information," which includes information about:

- ✓ Academic Grievance Concerns and Instructor English Proficiency
- ✓ Starfish - Student Success System
- ✓ Students with Documented Disabilities
- ✓ Academic Honesty
- ✓ Emergency Notification
- ✓ Continuity of Academic Instruction for a Pandemic or Emergency
- ✓ Family Educational Rights and Privacy Act of 1974 (FERPA)
- ✓ Diversity Statement