

**UNIVERSITY OF GEORGIA**  
**College of Education - Department of Kinesiology**

**PEDB 1230- Beginning Racquetball**  
**Fall 2013**

**MW 10:10-11:00**

**Meeting Place: Ramsey 1<sup>st</sup> Floor Racquetball Court 1**

Instructor: Jeremy Elliott  
Office: 219 Ramsey Center  
Email: [jerell@uga.edu](mailto:jerell@uga.edu); **please use e-mail instead of eLC Communication**

Office Hours: Monday and Wednesday, 11:00am-12:00pm  
Other office hours are available by appointment

eLearning Commons: <http://elcnew.uga.edu/>

Required (online) book: ISBN is: ISBN 0073369810 "UGA Physical Education & Fitness Activities Access Card" (at the UGA bookstore)  
**OR** online through McGraw-Hill: <http://shop.mcgraw-hill.com/mhshop/productDetails?isbn=0073369888>

Beginning racquetball is designed for individuals at any fitness level. Students will be learning the basic fundamental skills of backhand, forehand, serving and basic strategy, as well as promoting exercise participation and cardiovascular fitness. Physical activity is a large part of this course, and students will be expected to participate in moderate activity when they are in class.

**Course Description:**

Instruction and practice of skills and strategy in racquetball and acquisition of fitness knowledge

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**Course Objectives:**

After successfully completing this course:

- Students will demonstrate a basic knowledge of the rules, fundamental skills and strategy of racquetball.
- Students will gain a basic appreciation for racquetball as a way to exercise and improve overall health in life
- Students will develop a basic understanding of the importance of physical activity as it relates to a healthy lifestyle
- If students have not met the University PEDB requirement, students will also demonstrate their basic knowledge of health related fitness topics such as aerobic fitness, muscle strength and endurance, flexibility, nutrition, and behavior modification.

**Required Attire and Equipment:**

1. Racquetball appropriate clothing and shoes are required. No street shoes, i.e. boots, open-toed shoes, heels, sandals, or dress shoes are to be worn.
2. You are responsible for your own equipment in this class. This includes a racquet and goggles. Failure to bring these items to class will result in an absence counted for the day. You may not check out equipment from Rec Sports.
3. A water bottle is recommended during class in order to keep hydrated.
4. Students who fail to meet the attire requirements will be marked as not participating for that day, which results in points lost (see Participation Policy Below)

**Course Policies:**

1. Students will abide by the standards as stated by the University Honor Code (see below) and Academic Honesty Policy. These standards can be found in *A Culture of Honesty*, the University's policy and procedures for handling cases of suspected dishonesty. Detailed information can be viewed at <http://www.uga.edu/honesty> to help you understand how the term "academic dishonesty" is defined on this campus.

*As a University of Georgia student, you have agreed to abide by the University's academic honesty policy, "A Culture of Honesty," and the Student Honor Code. All academic work must meet the standards described in "A Culture of Honesty" found at: [www.uga.edu/honesty](http://www.uga.edu/honesty). Lack of knowledge of the academic honesty policy is not a reasonable explanation for a violation. Questions related to course assignments and the academic honesty policy should be directed to the instructor.*

2. Students requesting classroom accommodation(s) must first register with the Disability Resource Center (DRC). The DRC will provide documentation to the student, who must then provide this documentation to the instructor when requesting an accommodation.  
Students with documented disabilities that affects their ability to physically participate fully in the course or who require reasonable accommodations are encouraged to speak with the Basic PE Program Coordinator (Dr. Ilse Mason), so that appropriate accommodations can be arranged.
3. Full participation and timeliness is required. (See Participation Policy below)
4. Students are responsible for the information provided in class along with the readings from the online textbook and/or supplemental resources. If you are absent when materials are distributed, it is your responsibility to obtain the information.
5. Class begins at 10:10 am. If you arrive late to class, you must check in with the instructor to gain participation credit for that day.
6. ***The course syllabus is a general plan for the course; deviations announced to the class by the instructor may be necessary.***

#### Course Requirements:

1. This course will consist of physical participation, discussions, demonstrations, in-class assessments, and written assessments. All updates or changes to the schedule will be announced in class. It is your responsibility to keep up with changes to the syllabus and calendar.
2. Students are required to use the new eLearning Commons (eLCNEW) for this course. Syllabus, class information, the course schedule, the clearance for safe exercise participation, and a link to the online fitness content will be available through eLCNEW. To access eLCNEW you will need your MyID, as well as a current password: [elc.uga.edu](http://elc.uga.edu) or <https://uga.view.usg.edu/>.
3. Readings, assessments and assignments are assigned throughout the session and due dates are posted on eLCNEW. It is your responsibility to keep up with the due dates.

#### Grading

This course is graded as an "S" (Satisfactory) or "U" (Unsatisfactory). In order to determine what grade a student will be awarded, a percentage system will be used. There are 100 possible points to be earned and **80 points are required to earn an "S" in this course**. Three components determine a student's final grade: (1) Participation, (2) Online Fitness Content and (3) Assignments.

(1) Participation, Attendance	50 pts	
(2) Online Fitness Content	40 pts	
• 6 Fitness Assessments	30 pts	0 or 5 pts can be earned for each assessment section (0 for score <80%; 5 pts for score of 80% or higher)
• 1 Course-specific Assessment	10 pts	
(3) Assignments	10 pts	( <u>ALL</u> worksheets have to be complete to earn points)
• Goal setting		
• Challenges and strategies		
• Goal Evaluation		
• Course Evaluation		
	<hr/> 100 pts	

**(1) Participation Policy:**

Consistent attendance and on-task participation are required and are vital factors into your final grade. Students begin the semester with a participation score of 50 (out of 50). If a student consistently participates in class and is on-task during class, the student will receive a 50 at the end of the semester for participation. Participation will be deducted when:

- A student **misses a class**; 10 points will be deducted from his/her participation score because s/he is not actively engaged in the physical activity of the class that day\*. So, if a student misses 4 classes, s/he will receive a grade of **Unsatisfactory**.
- A student **arrives** late for class; 1 point will be deducted from his/her participation score when a student arrives 5 minutes late; 10 points are deducted when a student arrives 15 minutes late. If a student is late more than 10 times, 20 points will be deducted from his/her participation score.
- A student **engages in off-task behavior** will lose points from their participation grade each time an offense is seen because off-task behavior decreases the quality of participation for you, and potentially others. The following are examples of off-task behavior and the point deductions associated with each:
  - i. Student is consistently chatting without engagement in the task at hand (5 points)
  - ii. Student is consistently on cell phone, mp3 player or other electronic device during class (5 points)
  - iii. Student distracts other students, or is disruptive to those trying to learn (5 points)
  - iv. Student fails to meet the attire requirements (10 points)
  - v. Student leaves before class ends/without being dismissed (10 points)
  - vi. Student engages in unsafe behavior intentionally, (20 points)
  - vii. Student intentionally destroys or damages equipment (20 points)

*\*The following statements provide the only excused reasons for not participating in class...*

- Lapses in participation due to **illness** must be verified by a Physician, the Student Health Service, and *getting approval in advance*.
- **Family funerals** will be excused with students informing the instructor *via e-mail in advance* of the funeral.

**(2) Online Fitness and Course-specific Knowledge Content (FCKC):** [http://mhlearningsolutions.com/Georgia\\_PE](http://mhlearningsolutions.com/Georgia_PE)

- **Students Who Previously Received UGA PE Credit**: Students who have already satisfied the PE graduation requirement should turn in a Degree Works Report (with the completed PEDB course listed) to the instructor as proof that they have already satisfied the graduation requirement. These students will be given 40 points credit for the FCKC portion of their grade (listed below), but this 40 points is not transferrable to participation. This Report **MUST** be turned in before the first Readings and Assessment is due in order to receive the full 40 points!
- **Students taking their first PEDB course are required to purchase the textbook (access code)** for the FCKC. When you purchase the book, you will receive an **Access Code**. You will also need an **instructor code** from the instructor to fully access the material. A total of 7 assessments will be due throughout the semester (SEE top of syllabus for purchasing instructions). Students must score 80% or better on each section of the Assessments to receive credit. Students who do not score at least 80% or complete a given assessment section before the deadline will not receive any credit for that assessment section. The due dates are online, corresponding to each assessment, or you can check the syllabus schedule at the bottom

**(3) Assignments in eLCNEW:** Students are required to complete (a) assignments related to personal fitness goal setting and (b) a course evaluation

- **Personal Goal Setting** (can be found on eLCNEW)  
At the beginning of the semester, students will complete and submit the **"Goal Setting" Worksheet in the dropbox**  
During the semester, students will complete and submit the **"Strategies and Challenges" Worksheet in the dropbox**  
At the end of the semester, students will complete and submit the **"Goal Evaluation" Worksheet in the dropbox**
- **Course Evaluation**  
Go to <https://ssl.coe.uga.edu/apps/authorize> and complete an online course evaluation

**Tentative Outline/Due Dates:**

Exercise vocabulary  
Health benefits

The FITT principle  
Behavior Change

Preparing and recovering from Exercise  
Nutrition  
Fitness assessment  
Goal setting

Equipment and safety considerations  
Walking form  
Principles of training

<b><u>Fitness &amp; Course-specific Knowledge Content (FCKC)</u></b> <a href="http://mhlearningsolutions.com/georgia_PE&amp;">http://mhlearningsolutions.com/georgia_PE&amp;</a>  <b><u>Assignments (eLCNEW)</u></b>	Due Date - <b><u>THURSDAYS</u></b>
<ul style="list-style-type: none"> <li>✓ In eLCNEW: Read and know syllabus and policies</li> <li>✓ In eLCNEW: Upload <b>profile picture</b></li> <li>✓ In eLCNEW: Set up <b>instant notifications</b> for news items</li> </ul>	01/09/2014 @ 11:59 PM
<ul style="list-style-type: none"> <li>✓ All students should have purchased access code, registered, logged-in and accessed the site at least once:  <a href="http://mhlearningsolutions.com/georgia_PE">http://mhlearningsolutions.com/georgia_PE</a> </li> <li>✓ <b>FCKC: Read</b> course-specific section (your sport/activity, i.e. walking, weight training, basketball,...)</li> <li>✓ FCKC: Complete Course-Specific <b>Assessment</b></li> <li>✓ <b>FCKC: Read</b> section : "Exercise Vocabulary"</li> <li>✓ FCKC: Complete <b>Assessment</b> Exercise Vocabulary</li> </ul>	01/16/2014 @11:59pm
<ul style="list-style-type: none"> <li>✓ <b>FCKC: Read</b> section: "Health Benefits"</li> <li>✓ FCKC: Complete <b>Assessment</b> Health Benefits</li> <li>✓ <b>FCKC: Read</b> section: "The FITT Principle"</li> <li>✓ FCKC: Complete <b>Assessment</b> The FITT Principle</li> </ul>	01/23/2014 @ 11:59pm

<ul style="list-style-type: none"> <li>✓ <b>FCKC: Read</b> section: "Behavior Change"</li> <li>✓ FCKC: Complete <b>Assessment</b> Behavior Change</li> <li>✓ In eLCNEW: Complete and submit <b>Goal Setting Worksheet</b></li> </ul>	01/30/2014 @ 11:59pm
<ul style="list-style-type: none"> <li>✓ <b>FCKC: Read</b> section: "Preparing and Recovering from Exercise"</li> <li>✓ FCKC: Complete <b>Assessment</b> Preparing and Recovering from Exercise</li> </ul>	02/06/2014 @ 11:59pm
<ul style="list-style-type: none"> <li>✓ <b>FCKC: Read</b> section: "Nutrition"</li> <li>✓ FCKC: Complete <b>Assessment</b> Nutrition</li> </ul>	02/13/2014 @ 11:59pm
<ul style="list-style-type: none"> <li>✓ In eLCNEW: Complete and submit <b>Strategies and Challenges Worksheet</b></li> </ul>	02/20/2014 @ 11:59 PM
<ul style="list-style-type: none"> <li>✓ In eLCNEW: Complete and submit <b>Goal Evaluation Worksheet</b></li> <li>✓ <b>Complete online instructor evaluation</b> at <a href="https://ssl.coe.uga.edu/apps/authorize">https://ssl.coe.uga.edu/apps/authorize</a></li> </ul>	Last day of class