

**PEHD 117**

Fall 2011

**Badminton & Racquetball**

2 credit hours

TIME & PLACE	10:00-10:50 a.m. MWF Johnson Physical Education Center
INSTRUCTOR	Gene Sessoms, M.A.
OFFICE HOURS	By appointment
OFFICE	Room #207, Silcox Physical Education and Health Center
CONTACTS	843-953-8257 sessomse@cofc.edu <a href="http://sessomse.people.cofc.edu/">http://sessomse.people.cofc.edu/</a>
PREREQUISITES	None
COURSE DESCRIPTION	PEHD 117 provides the student an exposure to a wide range of sports activities in individual and team sports and in outdoor adventure. A primary goal is for the student to acquire the basic skills and knowledge of these activities.
COURSE TEXTS	Ballou, R. (1998). <i>Badminton for Beginners</i> . 2 <sup>nd</sup> ed. Englewood, CO: Morton Publishing Company. Winterton, J. (2004). <i>Racquetball Fundamentals</i> . Champaign, IL: Human Kinetics.
COURSE OBJECTIVES	Competencies within the course should prepare students to: <ol style="list-style-type: none"> <li>1. Develop and hone the basic skills needed to participate in badminton and racquetball.</li> <li>2. Demonstrate an understanding of the rules, strategies, and history of these two sports.</li> <li>3. Develop an enjoyment for physical activity through participation in these lifetime sports.</li> </ol>
REQUIREMENTS	30 % Active participation 30 % Skills tests 10 % Written report and out of class participation 30 % Written tests
EVALUATION SCALE	A = 93 – 100 %      B- = 80 – 82 %      D+ = 70 – 71 % A- = 90 – 92 %      C+ = 78 – 79 %      D = 68 – 69 % B+ = 88 – 89 %      C = 74 – 77 %      D- = 66 – 67 % B = 83 – 87 %      C- = 72 – 73 %      F = < 66 %
ATTENDANCE	This is an activity class and your attendance and participation are considered very important. A maximum of three absences are permitted during the semester with subsequent absences resulting in point deductions from your grade.  Tardiness to class is not considered the proper conduct. Arriving late to class will result in points deducted from your grade.
MAKE-UP EXAMS	Make-up exams or skills tests are given at the discretion of the professor. It is the student's responsibility to contact the instructor about missed work.
HONOR SYSTEM	Review the <a href="#">2011-2012 Student Handbook: A Guide to Civil and Honorable Conduct</a> . Violations may result in a failing grade for the course.
CLASSROOM CODE OF CONDUCT	The specific principles of civil conduct expected in a college classroom include: <ul style="list-style-type: none"> <li>• Do not cut classes, come in late or leave early.</li> <li>• Never leave during class unless you absolutely must. Leaving for a short break and then returning is not acceptable.</li> <li>• Turn off cell phones, pagers, and all other electronic devices.</li> <li>• It is rude and unacceptable to talk with classmates while the professor (or another student who has the floor) is talking.</li> <li>• Visible and noisy signs of restlessness are rude as well as disruptive to others.</li> </ul>
EQUIPMENT REQUIREMENT	Students are expected to purchase a pair of racquetball goggles and wear them at all times while in the racquetball courts. Racquets and other equipment will be provided.
COURSE CONTENTS	Written tests – one test for each sport that covers the techniques and fundamental skills necessary for play, the history of the sport, the rules of play, and game strategy for singles and doubles play.  Skills tests – a separate skills test will be administered for each sport. The skills tested will be the same as those introduced in the class.

Written report – a two page report from a refereed journal will be expected. The topic will be assigned by the instructor and the paper is due by October 31.

Out of class participation – each student is required to attend one of the Friday night badminton sessions held in the Johnson Center from 6-8 p.m. Have the facility employee sign to verify your attendance.

In-class participation – each student will be evaluated on their conduct in the class including active participation, staying on task during the drills and activities, enthusiasm, sportsmanship and respectful manner, and wearing the proper attire for the activity.

Bonus points – you may earn 2 bonus points by participating in one of the Campus Recreation Services tournaments for either sport.

<b>Fall 2011</b>	<b>PEHD 117 Badminton/Racquetball Tentative Class Schedule</b>
Weeks 1 & 2	Introduction to badminton rules, clears, serves, and game play.
Weeks 3 & 4	High clears, smashes, drop shots, and strategies.
Weeks 5 & 6	Singles, doubles, and mixed doubles play and tournaments.
Week 7	Badminton skills testing.
Friday, October 7	Written test on badminton.
Weeks 8 & 9	Introduction to racquetball rules, serving, forehands and backhands.
Weeks 10 & 11	Kill shots, ceiling shots, 3 wall ball, and strategies.
Weeks 12 & 13	Singles, doubles, and mixed doubles play and tournaments.
Week 14	Racquetball skills testing.
Monday, December 5	Written test on racquetball.