

NOVA COLLEGE-WIDE COURSE CONTENT SUMMARY PED 121 – RACQUETBALL I (1 CR.)

Course Description

Teaches racquetball skills and strategies for team and individual play. Includes terminology, scoring, etiquette, equipment selection and safety. Part I of II. Lecture 0.5 hour. Laboratory 1 hour. Total 1.5 hours per week.

General Course Purpose

This skill-related physical activity course is designed to develop coordination, power, reaction time, and speed through participation in a singles or doubles sport.

Course Prerequisites/Corequisites

All students must have a basic ability to read, write and speak English. The course requires the ability to participate in physical activities including walking, running, stretching, and lifting pushing or pulling weights. Modifications will be made for students who have a Memorandum of Accommodation (MOA) from Disabilities Services if the MOA indicates that an adapted physical program is required. The student can present the MOA at any time during the semester; but the adapted services are not effective until the MOA is provided to the instructor. For more information and eligibility, contact Disability Services at <http://www.nvcc.edu/current-students/disability-services/index.html>.

Course Objectives

Upon completing the course, the student will be able to:

- a) Participate in a racquetball game
- b) Explain racquetball rules, terminology, and strategies

Major Topics to be Included

- a) Equipment
- b) Safety
- c) Rules and terminology
- d) Stance, footwork, grips
- e) Forehand, backhand and overhead strokes.
- f) Service (drive, lob, garbage, cross court, z)
- g) Offensive shots (pass, kill, pinch, back wall)
- h) Defensive shots (ceiling, z, round the wall)
- i) Singles, doubles and cut-throat