

Syllabus for
HPE 054—Beginning Racquetball and Fitness
1 Credit Hour
Spring 2019

I. COURSE DESCRIPTION

Designed for the student who has had little or no experience in the sport of racquetball. The course places a major emphasis on learning the basic fundamental skills, playing strategies, hazards, rules, equipment, and terminology necessary for participation in racquetball at the beginning level.

Prerequisites: GEN 150; HPE 155 or HPE 001 and HPE 002; or GHPE 503/703.

Lab fee: \$15.00

II. COURSE GOALS

The purpose of this course is to enable the student to do the following:

- A. Understand basic skills and rules of the sport of racquetball.
- B. Gain an appreciation for the sport and how it can contribute to the concept of the whole person.

III. STUDENT LEARNING OUTCOMES FOR THIS COURSE

As a result of successfully completing this course, the student will be able to do the following:

- A. List and explain the basic rules and terminology used in the game of racquetball.
- B. Score at least 80% on both the written and the final skills tests.
- C. Exceed the minimum standards for the 2-mile run and aerobic points.
- D. Score and officiate an actual game of racquetball.
- E. Describe the strengths and weaknesses of the ceiling shot, kill shot, and pass shot.
- F. Describe how racquetball can be a part of the students personal aerobic exercise prescription.

IV. TEXTBOOKS AND OTHER LEARNING RESOURCES

- A. Required Materials
 - 1. Textbooks
None
 - 2. Other
Fitbit® HR or ORU Aerobic Activity Log booklet
- B. Optional Materials
 - 1. Textbooks
None

2. Other
None

V. POLICIES AND PROCEDURES

A. University Policies and Procedures

1. Students taking a late exam because of an unauthorized absence are charged a late exam fee.
2. Students and faculty at Oral Roberts University must adhere to all laws addressing the ethical use of others' materials, whether it is in the form of print, electronic, video, multimedia, or computer software. Plagiarism and other forms of cheating involve both lying and stealing and are violations of ORU's Honor Code: "I will not cheat or plagiarize; I will do my own academic work and will not inappropriately collaborate with other students on assignments." Plagiarism is usually defined as copying someone else's ideas, words, or sentence structure and submitting them as one's own. Other forms of academic dishonesty include (but are not limited to) the following:
 - a. Submitting another's work as one's own or colluding with someone else and submitting that work as though it were his or hers;
 - b. Failing to meet group assignment or project requirements while claiming to have done so;
 - c. Failing to cite sources used in a paper;
 - d. Creating results for experiments, observations, interviews, or projects that were not done;
 - e. Receiving or giving unauthorized help on assignments.By submitting an assignment in any form, the student gives permission for the assignment to be checked for plagiarism, either by submitting the work for electronic verification or by other means. Penalties for any of the above infractions may result in disciplinary action including failing the assignment or failing the course or expulsion from the University, as determined by department and University guidelines.
3. Final exams cannot be given before their scheduled times. Students need to check the final exam schedule before planning return flights or other events at the end of the semester.
4. Students are to be in compliance with University, school, and departmental policies regarding the Whole Person Assessment requirements. Students should consult the Whole Person Assessment handbooks for requirements regarding general education and the students' majors.
 - a. The penalty for not submitting electronically or for incorrectly submitting an artifact is a zero for that assignment.
 - b. By submitting an assignment, the student gives permission for the assignment to be assessed electronically.

B. Department Policies and Procedures

1. Class Attendance
 - a. Student is expected to attend and participate in all class activities unless administratively excused. Only administrative excuses on the proper form are accepted. Excessive absences can reduce a student's grade or deny credit for the course. **Illness and injuries are not considered excused absences.**

Unexcused Absences

Based on days each week class meets during semester			Letter Grade Reduced from Final Grade
1/Week	2/Week	3/Week	
1-2	1-4	1-6	0
3	5	7	1
4	6	8	2
5	7	9	3
6	8	10	Fail the Course

- b. Every two tardies are considered an unexcused absence. Arriving late to class causes disruption and demonstrates a lack of respect for the instructor and the University.

2. Field Test Policy

- a. Must be taken every semester in each enrolled activities class.
b. Must be administered by the student's activities class instructor during the scheduled class time.
c. Automatic failure for cheating on Field Test or assisting another to cheat.

3. Class Attire

- a. Students enrolled in this class must wear appropriate workout clothing, including socks and athletic shoes in proper condition.
b. Students not in proper class attire will not be allowed to participate and will counted as absent.

4. Other Policy

This course may only be taken twice for credit. If taken more than twice, this course will not count toward ORU/HPE activity requirements for graduation.

C. Course Policies and Procedures

1. Evaluations

- a. Grading percentages:

- (1) Health and Fitness (Choose one of the two options below)

(a) **Aerobic Points Option = 50%**

Aerobic Points 5%

(Aerobic points will be handed in every other week using **only** the ORU Aerobic Activity Log.)

Body Mass Index (BMI) 5%

Field Test 40%

(or)

(b) **Fitbit® HR Option = 50%**

Steps 10%

Heart Rate/Active Minutes 15%

BMI 5%

Field Test Participation 10%

Field Test 10%

- (2) Skills Evaluation 10%

- (3) Written Exam 20%

- (4) Activity/Participation 20%
 Students must play a total of 15 outside-of-class games during the course of the semester. Game points and outcomes must be recorded then turned in directly to the instructor during last class. If these games are not played and recorded, a student's final grade will drop one letter. Total 100%
- b. Grading scale:
 A = 90-100%
 B = 80-89%
 C = 70-79%
 D = 60-69%
 F = 59% and below
2. Whole Person Assessment Requirements
 None
3. Incompletes
 a. An Incomplete or Extension of an Incomplete is given only after the student establishes, with the instructor and the department chair with an online "Petition for Incomplete or Extension of Incomplete" form, that his or her work is incomplete for good cause (i.e., lengthy illness, death in the family). To receive an Incomplete Grade all supporting documentation must be submitted for approval at least one week prior to the last day this class meets.
 b. It is the student's responsibility to meet with the instructor and complete all course-required work by the following semester.
4. D2L
 a. Students should go to D2L to check their information during the course of the semester.
 b. Student's final grade percentage will be visible in their online site.
5. Course Attire
 Students must wear good condition athletic type shoes. No loose clothing.
6. Health and Fitness Standard Charts
 a. Aerobic points (average weekly amount for 13 weeks)

Level of Fitness	Points Toward Grade	Weekly Aerobic Points
Excellent	5	50+
Good	4	40-49
Average	3	30-39
Fair	2	20-29
Poor	1	10-19

b. Fitbit® STEPS and HEART RATE points

AVERAGE STEPS/DAY		AVERAGE ACTIVE MINUTES PER WEEK	
<u>STEPS/DAY</u>	POINTS EARNED	HEART RATE (Cardio & Peak)	POINTS EARNED
≥ 10,000	10	≥ 100	10
9,000 - 9,999	9	90 - 99	9
8,000 - 8,999	8	80 – 89	8
7,000 - 7,999	7	70 - 79	7
6,000 - 6,999	6	60 - 69	6
5,000 - 5,999	5	50 - 59	5
4,000 - 4,999	4	40 – 49	4
3,000 - 3,999	3	30 – 39	3
2,000 - 2,999	2	20 – 29	2
1,000 - 1,999	1	1 – 19	1
< 1,000	0	FAT BURN	
		≥ 50	5
		40 - 49	4
		30 - 39	3
		20 - 29	2
		10 - 19	1
		< 10	0

c. Field Test Standards

2-MILE RUN, 5-MILE CYCLE, & 800-METER SWIM FIELD TEST STANDARDS

Level of CR Fitness	Points		Under 25		25 – 34		35 – 44		45 – 54		55 – 64	
			Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
Superior	10	40	<13:00	<15:00	<14:00	<16:00	<15:00	<17:00	<16:00	<18:00	<17:00	<19:00
Excellent	9	39	13:00	15:00	14:00	16:00	15:00	17:00	16:00	18:00	17:00	19:00
	9	38	13:15	15:15	14:15	16:15	15:15	17:15	16:15	18:15	17:15	19:15
	9	37	13:30	15:30	14:30	16:30	15:30	17:30	16:30	18:30	17:30	19:30
	9	36	13:45	15:45	14:45	16:45	15:45	17:45	16:45	18:45	17:45	19:45
	8	35	14:00	16:00	15:00	17:00	16:00	18:00	17:00	19:00	18:00	20:00
Good	8	34	14:15	16:15	15:15	17:15	16:15	18:15	17:15	19:15	18:15	20:15
	8	33	14:30	16:30	15:30	17:30	16:30	18:30	17:30	19:30	18:30	20:30
	8	32	14:45	16:45	15:45	17:45	16:45	18:45	17:45	19:45	18:45	20:45
	7	31	15:00	17:00	16:00	18:00	17:00	19:00	18:00	20:00	19:00	21:00
	7	30	15:15	17:15	16:15	18:15	17:15	19:15	18:15	20:15	19:15	21:15
	7	29	15:30	17:30	16:30	18:30	17:30	19:30	18:30	20:30	19:30	21:30
	7	28	15:45	17:45	16:45	18:45	17:45	19:45	18:45	20:45	19:45	21:45
	6	27	16:00	18:00	17:00	19:00	18:00	20:00	19:00	21:00	20:00	22:00
Fair	6	26	16:15	18:15	17:15	19:15	18:15	20:15	19:15	21:15	20:15	22:15
	6	25	16:30	18:30	17:30	19:30	18:30	20:30	19:30	21:30	20:30	22:30
	6	24	16:45	18:45	17:45	19:45	18:45	20:45	19:45	21:45	20:45	22:45
	5	23	17:00	19:00	18:00	20:00	19:00	21:00	20:00	22:00	21:00	23:00
	5	22	17:15	19:15	18:15	20:15	19:15	21:15	20:15	22:15	21:15	23:15
	5	21	17:30	19:30	18:30	20:30	19:30	21:30	20:30	22:30	21:30	23:30
	5	20	17:45	19:45	18:45	20:45	19:45	21:45	20:45	22:45	21:45	23:45
	4	19	18:00	20:00	19:00	21:00	20:00	22:00	21:00	23:00	22:00	24:00
Poor	4	18	18:15	20:15	19:15	21:15	20:15	22:15	21:15	23:15	22:15	24:15
	4	17	18:30	20:30	19:30	21:30	20:30	22:30	21:30	23:30	22:30	24:30
	4	16	18:45	20:45	19:45	21:45	20:45	22:45	21:45	23:45	22:45	24:45
	3	15	19:00	21:00	20:00	22:00	21:00	23:00	22:00	24:00	23:00	25:00
	3	14	19:15	21:15	20:15	22:15	21:15	23:15	22:15	24:15	23:15	25:15
	3	13	19:30	21:30	20:30	22:30	21:30	23:30	22:30	24:30	23:30	25:30
	3	12	19:45	21:45	20:45	22:45	21:45	23:45	22:45	24:45	23:45	25:45
	2	11	20:00	22:00	21:00	23:00	22:00	24:00	23:00	25:00	24:00	26:00
Very Poor	2	10	20:15	22:15	21:15	23:15	22:15	24:15	23:15	25:15	24:15	26:15
	2	9	20:30	22:30	21:30	23:30	22:30	24:30	23:30	25:30	24:30	26:30
	2	8	20:45	22:45	21:45	23:45	22:45	24:45	23:45	25:45	24:45	26:45
	1	7	21:00	23:00	22:00	24:00	23:00	25:00	24:00	26:00	25:00	27:00
	1	6	21:15	23:15	22:15	24:15	23:15	25:15	24:15	26:15	25:15	27:15
	1	5	21:30	23:30	22:30	24:30	23:30	25:30	24:30	26:30	25:30	27:30
	1	4	21:45	23:45	22:45	24:45	23:45	25:45	24:45	26:45	25:45	27:45
	0	3	22:00	24:00	23:00	25:00	24:00	26:00	25:00	27:00	26:00	28:00
	0	2	22:15	24:15	23:15	25:15	24:15	26:15	25:15	27:15	26:15	28:15
	0	1	22:30	24:30	23:30	25:30	24:30	26:30	25:30	27:30	26:30	28:30
	0	0	>22:30	>24:30	>23:30	>25:30	>24:30	>26:30	>25:30	>27:30	>26:30	>28:30

2-MILE WALKING FIELD TEST STANDARDS

Level of CR Fitness	Points	Under 25		25 – 34		35 – 44		45 – 54		55 – 64	
				Male	Female	Male	Female	Male	Female	Male	Female
Superior	10 40	<22:00	<23:00	<23:00	<24:00	<24:00	<25:00	<25:30	<26:30	<27:00	<28:00
Excellent	9 39	22:00	23:00	23:00	24:00	24:00	25:00	25:30	26:30	27:00	28:00
	9 38	22:15	23:15	23:15	24:15	24:15	25:15	25:45	26:45	27:15	28:15
	9 37	22:30	23:30	23:30	24:30	24:30	25:30	26:00	27:00	27:30	28:30
	9 36	22:45	23:45	23:45	24:45	24:45	25:45	26:15	27:15	27:45	28:45
	8 35	23:00	24:00	24:00	25:00	25:00	26:00	26:30	27:30	28:00	29:00
Good	8 34	23:15	24:15	24:15	25:15	25:15	26:15	26:45	27:45	28:15	29:15
	8 33	23:30	24:30	24:30	25:30	25:30	26:30	27:00	28:00	28:30	29:30
	8 32	23:45	24:45	24:45	25:45	25:45	26:45	27:15	28:15	28:45	29:45
	7 31	24:00	25:00	25:00	26:00	26:00	27:00	27:30	28:30	29:00	30:00
	7 30	24:15	25:15	25:15	26:15	26:15	27:15	27:45	28:45	29:15	30:15
	7 29	24:30	25:30	25:30	26:30	26:30	27:30	28:00	29:00	29:30	30:30
	7 28	24:45	25:45	25:45	26:45	26:45	27:45	28:15	29:15	29:45	30:45
	6 27	25:00	26:00	26:00	27:00	27:00	28:00	28:30	29:30	30:00	31:00
Fair	6 26	25:15	26:15	26:15	27:15	27:15	28:15	28:45	29:45	30:15	31:15
	6 25	25:30	26:30	26:30	27:30	27:30	28:30	29:00	30:00	30:30	31:30
	6 24	25:45	26:45	26:45	27:45	27:45	28:45	29:15	30:15	30:45	31:45
	5 23	26:00	27:00	27:00	28:00	28:00	29:00	29:30	30:30	31:00	32:00
	5 22	26:15	27:15	27:15	28:15	28:15	29:15	29:45	30:45	31:15	32:15
	5 21	26:30	27:30	27:30	28:30	28:30	29:30	30:00	31:00	31:30	32:30
	5 20	26:45	27:45	27:45	28:45	28:45	29:45	30:15	31:15	31:45	32:45
Poor	4 19	27:00	28:00	28:00	29:00	29:00	30:00	30:30	31:30	32:00	33:00
	4 18	27:15	28:15	28:15	29:15	29:15	30:15	30:45	31:45	32:15	33:15
	4 17	27:30	28:30	28:30	29:30	29:30	30:30	31:00	32:00	32:30	33:30
	4 16	27:45	28:45	28:45	29:45	29:45	30:45	31:15	32:15	32:45	33:45
	3 15	28:00	29:00	29:00	30:00	30:00	31:00	31:30	32:30	33:00	34:00
	3 14	28:15	29:15	29:15	30:15	30:15	31:15	31:45	32:45	33:15	34:15
	3 13	28:30	29:30	29:30	30:30	30:30	31:30	32:00	33:00	33:30	34:30
	3 12	28:45	29:45	29:45	30:45	30:45	31:45	32:15	33:15	33:45	34:45
	2 11	29:00	30:00	30:00	31:00	31:00	32:00	32:30	33:30	34:00	35:00
Very Poor	2 10	29:15	30:15	30:15	31:15	31:15	32:15	32:45	33:45	34:15	35:15
	2 9	29:30	30:30	30:30	31:30	31:30	32:30	33:00	34:00	34:30	35:30
	2 8	29:45	30:45	30:45	31:45	31:45	32:45	33:15	34:15	34:45	35:45
	1 7	30:00	31:00	31:00	32:00	32:00	33:00	33:30	34:30	35:00	36:00
	1 6	30:15	31:15	31:15	32:15	32:15	33:15	33:45	34:45	35:15	36:15
	1 5	30:30	31:30	31:30	32:30	32:30	33:30	34:00	35:00	35:30	36:30
	1 4	30:45	31:45	31:45	32:45	32:45	33:45	34:15	35:15	35:45	36:45
	0 3	31:00	32:00	32:00	33:00	33:00	34:00	34:30	35:30	36:00	37:00
	0 2	31:15	32:15	32:15	33:15	33:15	34:15	34:45	35:45	36:15	37:15
	0 1	31:30	32:30	32:30	33:30	33:30	34:30	35:00	36:00	36:30	37:30
	0 0	>31:30	>32:30	>32:30	>33:30	>33:30	>34:30	>35:00	>36:00	>36:30	>37:30

VI. COURSE CALENDAR

Week	Topic/Activity
1-2	General introduction—group division—discuss syllabus <ol style="list-style-type: none">1. Court dimensions and areas of the court2. General terms and definitions<ol style="list-style-type: none">a. Types of games (singles, doubles, cutthroat)b. Scoring (point and outs)c. Serving (legal and illegal)d. Hinders (avoidables and unavoidable)
3	Forehand <ol style="list-style-type: none">1. Types of grips—forehand and backhand2. Ready position—control of the court3. Stroke production—kill shot
4	Backhand and forehand review—introduction to passing shot <ol style="list-style-type: none">1. Backhand (the more natural stroke)<ol style="list-style-type: none">a. Same system as forehandb. Differences2. Introduction to passing shot—hit from higher level
5	Serve and Ceiling Shot <ol style="list-style-type: none">1. Introduction of all categories of shots2. Serve—review (legal and illegal serves)3. Ceiling shot—defensive stroke—objective and strategy4. On-court demonstration of serves and ceiling shots
6-8	Introduction to play Beginner—practice time with instructor
9-11	Competition between students Instructor will assist students with technique issues.
12-13	Competition between students and supervising instructor
14	Turn in aerobic points and summary sheet directly to instructor during this class Late aerobic points and summary sheet NOT accepted
15	Skills and Terminology Exam Each student is responsible for accessing their D2L and making sure all required information has been recorded. Student can go online into D2L and check their final grade percentage. *2-mile field test (running or speed walking) dates TBA a minimum of one week in advance.

Course Inventory for ORU's Student Learning Outcomes

Beginning Racquetball and Fitness—HPE 054 Spring 2019

This course contributes to the ORU student learning outcomes as indicated below:

Significant Contribution – Addresses the outcome directly and includes targeted assessment.

Moderate Contribution – Addresses the outcome directly or indirectly and includes some assessment.

Minimal Contribution – Addresses the outcome indirectly and includes little or no assessment.

No Contribution – Does not address the outcome.

The Student Learning Glossary at <http://ir.oru.edu/doc/glossary.pdf> defines each outcome and each of the proficiencies/capacities.

OUTCOMES & Proficiencies/Capacities		Significant Contribution	Moderate Contribution	Minimal Contribution	No Contribution
1	Outcome #1 – Spiritually Alive Proficiencies/Capacities				
1A	Biblical literacy				X
1B	Spiritual Formation			X	
2	Outcome #2 – Intellectually Alert Proficiencies/Capacities				
2A	Critical thinking, creativity, and aesthetics			X	
2B	Global & historical perspectives				X
2C	Information literacy				X
2D	Knowledge of the physical and natural world				X
3	Outcome #3 – Physically Disciplined Proficiencies/Capacities				
3A	Healthy lifestyle	X			
3B	Physically disciplined lifestyle	X			
4	Outcome #4 – Socially Adept Proficiencies/Capacities				
4A	Ethical reasoning and behavior			X	
4B	Intercultural knowledge and engagement			X	
4C	Written and Oral Communication				X
4D	Leadership capacity			X	

(Revised 9/1/17)