

Common Course Outline

PEIA 138

Racquetball

1 Semester Credit

The Community College of Baltimore County

Description

Racquetball

Presents the skills, strategies, and rules of racquet ball in order to develop competencies in a lifetime sport; provides basic background in racquetball. including the rules, safety, and skills necessary for playing

Overall Course Objectives

Upon completion of this course the student will be able to:

1. Understand the basic rules of racquetball.
2. Exhibit the basic skills and techniques of racquetball.
3. Develop endurance in order to enjoy the sport.
4. Demonstrate a knowledge of the game through class competition.

Major Topics

1. Racquetball Rules
2. Racquetball Skills
3. Cardiovascular Conditioning

Course Requirements

Students will be required to complete the following minimums:

1. Attendance and Participation
2. Demonstration of Basic Skills in Racquetball
3. Rules Test