Badminton & Racquetball

Fall 2015  
2 credit hours

TIME AND 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  
http://sessomse.people.cofc.edu/

PREREQUISITES  
None

COURSE DESCRIPTION  
A primary goal of the course is for the student to acquire the basic skills and an understanding of the game strategy of these lifetime activities.

COURSE TEXTS  
None required.

COURSE OBJECTIVES  
Competencies within the course should prepare students to:
1. Develop and hone the basic skills needed to participate in badminton and racquetball.
2. Demonstrate an understanding of the rules, strategies, and history of these two sports.
3. Develop an enjoyment for physical activity through participation in these lifetime sports.

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 = 00 – 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  

CLASSROOM CODE OF CONDUCT  
The specific principles of civil conduct expected in a college classroom include:
- Do not cut classes, come in late or leave early.
- Never leave during class unless you absolutely must. Leaving for a short break and then returning is not acceptable.
- Turn off cell phones, pagers, and all other electronic devices.
- It is rude and unacceptable to talk with classmates while the professor (or another student who has the floor) is talking.
- Visible and noisy signs of restlessness are rude as well as disruptive to others.

EQUIPMENT REQUIREMENT  
Students will purchase or acquire a pair of racquetball goggles and wear them at all times while in the racquetball courts. Racquets and racquetballs will be provided. Failure to have one's goggles will result in a two point deduction from one's active participation score.
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 2-3 page report on a topic determined by the instructor is due by September 25.

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 Campus Recreation Services facility supervisor 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.

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<thead>
<tr>
<th>Fall 2015</th>
<th>PEAC 117 Badminton and Racquetball</th>
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<tbody>
<tr>
<td>Tentative Class Schedule</td>
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<tr>
<td>Weeks 1 &amp; 2</td>
<td>Introduction to badminton rules, clears, serves, and game play.</td>
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<tr>
<td>Weeks 3 &amp; 4</td>
<td>High clears, smashes, drop shots, footwork, and game strategies.</td>
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<tr>
<td>Weeks 5 &amp; 6</td>
<td>Singles, doubles, and mixed doubles play and tournaments.</td>
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<td>Week 7</td>
<td>Badminton skills practice and testing.</td>
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<td>Friday, October 9</td>
<td>Written test on badminton.</td>
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<td>Weeks 8 &amp; 9</td>
<td>Introduction to racquetball rules, serving, forehands and backhands.</td>
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<td>Weeks 10 &amp; 11</td>
<td>Kill shots, ceiling shots, 3 wall ball, and game strategies.</td>
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<tr>
<td>Weeks 12 &amp; 13</td>
<td>Singles, doubles, and mixed doubles play and tournaments.</td>
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<tr>
<td>Week 14</td>
<td>Racquetball skills practice and testing.</td>
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<tr>
<td>Monday, December 7</td>
<td>Written test on racquetball. Last day of class.</td>
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Badminton Video Training Series
https://www.youtube.com/watch?v=QaHk70PVgr0&list=PLEBDE1E42B3A9BC37