



Fall 2000

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HPER 024: Racquetball

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Course Syllabus

**Instructors: Dr. Tom Visker
Mr. Glenn Bouma**

I. Course Title HPER 024 - Racquetball

II. Course Description

Development of skills and knowledge in racquetball necessary for recreational purposes for beginners.

III. Course Objectives

- A. The student will understand rules, scoring, and basic strategy for racquetball.
- B. The student will understand and execute basic racquetball techniques.
- C. The student will understand the fitness value of racquetball.
- D. The student will be involved in actual game competition in class.

IV. Course Outline

- A. Rules and scoring
- B. Techniques and shots used in racquetball.
- C. Strategy
- D. Competition

V. Method of Instruction

Instruction consists of explaining, demonstrating, practicing, and evaluation.

VI. Evaluation

Evaluation is through class attendance and participation.