



**KINE 1131**  
**RACQUET SPORTS**  
**SPRING 2022 - GPC 1st Floor Lobby - T & Tr 12:30pm - 1:20pm**

**Instructor Name**

**GA Chris Wilson Harris - Kinesiology & Human Performance**

**Office:** GPC 102  
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**Office Hours:** M-F: 8am-12pm  
**Required Text:** N/A

**Purpose of the Course**

The purpose of this course is to provide an in-depth study of different racquet sports involving how they are regulated, basic rules, and skills that could be used during played

**Course Description**

This course provides students with an opportunity to experience and learn a wide variety of racquet sports such as: racquetball, badminton, pickleball, and Tennis. The course is designed to teach the basic rules, regulations and skills of each racquet sport.

**Course Student Learning Objectives** Upon successful completion of this course students will:

- Ability to demonstrate and perform a wide variety of racquet sport exercises and relate them to specific muscle groups

- Discuss anatomy and physiology as it relates to racquet sport and exercise
- Identify lifestyle factors that improve health and longevity
- Understand and apply the rules and regulations of multiple racquet sports

### **Standard III**

The physical education teacher uses knowledge of individual and group motivation and behavior to create and manage a safe, productive learning environment and promotes students' self-management, self-motivation and social skills through participation in physical activities.

### **Competency 002**

The teacher understands principles and practices developing, combining and integrating motor skills.

### **Competency 004**

The teacher understands and applies knowledge of individual, dual and team sports and activities.

### **Marketable Skills**

The following marketable skills are achieved in this course:

1. Students acquire *communication* skills through working together in team sports and discussions.
2. Students acquire *collaboration* skills while working with one another
3. Students demonstrate *critical thinking* while playing and being able to think quickly and effectively.

### **Program Learning Outcomes**

1. The Kinesiology and Sport Science students will understand the principles of motor learning; understand the practice for developing motor skills; apply knowledge to biomechanical principles; apply knowledge of individual and teams sports and understand the principles of dance, personal performance activities, recreational activities and outdoor pursuits (Movement Skills and Knowledge Domain).

2. The Kinesiology and Sport Science students will understand major body systems, principles of physical fitness and benefits of a healthy lifestyle; understand the principles and activities for developing cardiovascular endurance; understand principles and activities for developing and maintaining flexibility, muscular strength and endurance; and understand health and wellness concepts (Health-Related Physical Fitness Domain).

3. The Kinesiology and Sport Science students will know how to use effective instruction and assessment to prepare physically educated individuals; understand factors relevant to learning and performance in physical education and use knowledge to promote students' development; understand

the structure and purposes of physical education programs; and understand legal issues and responsibilities of physical education teachers (The Physical Education Program Domain).

### **Style Of Teaching:**

The objectives of this course will be met through a hands-on teaching style that will include different activities involving the sport or focus that week. Students will remain actively involved in class activities and discussions. There is an online blackboard component required for this course. No assignments shall be accepted via email and all assignments shall be turned in on blackboard or during class.

### **Attendance/Participation**

Attendance for class is mandatory. Every class day is a grade. You will receive 100% credit for being on time and actively participating in class discussions and activities..

### **All Course Requirements Deadline**

Due to the time requirement for grading purposes, all course requirements must be submitted/completed by the 'Course Requirements Deadline' of Thursday in Week 15 at 11:59pm to be counted for credit towards the final letter grade in this course. There will be no exceptions to this policy. Late deductions will apply as per policy below.

### **Late Work Policy**

Late work will be accepted. Each late assignment will be subject to a 5-10% grade reduction.

## **GRADING POLICIES/TESTING/ASSIGNMENTS/ATTENDANCE/EXPECTATIONS**

<b>Outcome Measure</b>	<b>Points Per Item</b>	<b>Number of Items</b>	<b>Available Points</b>	<b>Percentage of Grade</b>
Attendance	10	30	200	20%
Class Participation	10	30	200	20%
Assignments	300	2	600	60%

<b>Total/Final Grade*</b>	-	-	<b>1000</b>	<b>100%</b>
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\*Letter Grading as per SRSU policy will be used in this course.

## **COURSE REQUIREMENTS (include an explanation of the work the students will do)**

**I. Class Participation** Attendance, active participation in discussions and activities is required to earn daily credit.

### **TENTATIVE COURSE CALENDAR**

<b>Week</b>	<b>Content</b>
1	Overview & Introductions
2	Racquetball
3	Racquetball
4	Racquetball
5	Pickleball
6	Pickleball
7	Pickleball
8	Midterm assignment (Promotion video)
9	Badminton
10	Badminton
11	Badminton
12	Tennis
13	Tennis
14	Tennis
15	Final assignment (Teach the sport)
16	N/A

### **UNIVERSITY POLICIES**

### **Accidents & Injuries**

In the case of bodily or personal property damage, the Kinesiology Department will not be held responsible. The student must report any field experience related to injury or illness to the Instructor immediately. Any expense incurred due to injury or illness will be the student's responsibility.

### **Professional Development**

All undergraduate Kinesiology majors are required to participate in continuing education activities outside of the classroom. Students must complete a total of 20 Professional Development points (PD points) prior to enrolling in Internship or Student Teaching. See the Kinesiology webpage for detailed information.

### **SRSU Distance Education Statement**

Students enrolled in distance education courses have equal access to the university's academic support services, such as library resources, online databases, and instructional technology support. For more information about accessing these resources, visit the SRSU website. Students should correspond using Sul Ross email accounts and submit online assignments through Blackboard, which requires secure login. Students enrolled in distance education courses at Sul Ross are expected to adhere to all policies pertaining to academic honesty and appropriate student conduct, as described in the student handbook. Students in web-based courses must maintain appropriate equipment and software, according to the needs and requirements of the course, as outlined on the SRSU website. Directions for filing a student complaint are located in the student handbook.

### **SRSU Library Info**

The Bryan Wildenthal Memorial Library in Alpine. Offers FREE resources and services to the entire SRSU community. Access and borrow books, articles, and more by visiting the library's website, [library.sulross.edu](http://library.sulross.edu). Off-campus access requires logging in with your LoboID and password. Librarians are a tremendous resource for your coursework and can be reached in person, by email ([srsulibrary@sulross.edu](mailto:srsulibrary@sulross.edu)), or phone (432-837-8123).

### **Disability Statement**

SRSU Disability Services. Sul Ross State University (SRSU) is committed to equal access in compliance with Americans with Disabilities Act of 1973. It is SRSU policy to provide reasonable accommodations to students with documented disabilities. It is the student's responsibility to initiate a request each semester for each class. Alpine students seeking accessibility/accommodations services must contact Mary Schwartz Grisham, M.Ed., LPC, SRSU's Accessibility Services Coordinator at 432-837-8203 (please leave a message and we'll get back to you as soon as we can during working hours), or email [mschwartz@sulross.edu](mailto:mschwartz@sulross.edu). Our office is located on the first floor of Ferguson Hall (Suite 112), and our mailing address is P.O. Box C-122, Sul Ross State University, Alpine, Texas, 79832.

### **Academic Integrity Statement**

Students in this class are expected to demonstrate scholarly behavior and academic honesty in the use of intellectual property. A scholar is expected to be punctual, prepared, and focused; meaningful and pertinent participation is appreciated. Examples of academic dishonesty include but are not limited to: Turning in work as original that was used in whole or part for another course and/or professor; turning in another person's work as

one's own; copying from professional works or internet sites without citation; collaborating on a course assignment, examination, or quiz when collaboration is forbidden.

### **Classroom Climate of Respect**

Importantly, this class will foster free expression, critical investigation, and the open discussion of ideas. This means that all of us must help create and sustain an atmosphere of tolerance, civility, and respect for the viewpoints of others. Similarly, we must all learn how to probe, oppose and disagree without resorting to tactics of intimidation, harassment, or personal attack. No one is entitled to harass, belittle, or discriminate against another on the basis of race, religion, ethnicity, age, gender, national origin, or sexual preference. Still we will not be silenced by the difficulty of fruitfully discussing politically sensitive issues.

### **Diversity Statement**

I aim to create a learning environment for my students that supports a diversity of thoughts, perspectives and experiences, and honors your identities (including race, gender, class, sexuality, religion, ability, socioeconomic class, age, nationality, etc.). I also understand that the crisis of COVID, economic disparity, and health concerns, or even unexpected life events could impact the conditions necessary for you to succeed. My commitment is to be there for you and help you meet the learning objectives of this course. I do this to demonstrate my commitment to you and to the mission of Sul Ross State University to create an inclusive environment and care for the whole student as part of the Sul Ross Familia. If you feel like your performance in the class is being impacted by your experiences outside of class, please don't hesitate to come and talk with me. I want to be a resource for you.

### **Academic Affairs Service Statement**

Sul Ross faculty, staff, and students are expected to model responsible citizenship through service activities that promote personal and academic growth while enhancing the university, local, regional, national, and global communities. These activities will foster a culture of academic/public engagement that contributes to the achievement of the university's mission and core values.

### **Academic Excellence Statement**

Sul Ross holds high expectations for students to assume responsibility for their own individual learning. Students are also expected to achieve academic excellence by:

- Honoring the core values of Sul Ross.
- Upholding high standards of habit and behavior.
- Maintaining excellence through class attendance and punctuality.
- Preparing for active participation in all learning experiences.
- Putting forth their best individual effort.
- Continually improving as independent learners.
- Engaging in extracurricular opportunities that encourage personal and academic growth.
- Reflecting critically upon feedback and applying these lessons to meet future challenges.

