

Tompkins Cortland Community College
Master Course Syllabus

Course Discipline and Number: FITN 104

Year: 2024-2025

Course Title: Racquetball, Handball & Squash

Credit Hours: 1

Attendance Policy: *To maintain good grades, regular attendance in class is necessary. Absence from class is considered a serious matter and absence never excuses a student from class work. It is the responsibility of all instructors to distribute reasonable attendance policies in writing during the first week of class. Students are required to comply with the attendance policy set by each of their instructors. Students are not penalized if they are unable to attend classes or participate in exams on particular days because of religious beliefs, in accordance with Chapter 161, Section 224-a of the Education Law of the State of New York. Students who plan to be absent from classroom activity for religious reasons should discuss the absence in advance with their instructors. See college catalog for more information.*

Services for Students with Disabilities: *It is the College's policy to provide, on an individual basis, appropriate academic adjustments for students with disabilities, which may affect their ability to fully participate in program or course activities or to meet course requirements. Students with disabilities should contact the Coordinator of Access and Equity Services, to discuss their particular need for accommodations. All course materials are available in alternate formats upon request.*

Course Description

This course introduces students to three parallel games with an emphasis on learning through activity. The course is designed to explore and develop the similarities of the three games. Prerequisites: Prior completion or concurrent enrollment in ENGL 099 and RDNG 099 if required by placement testing. 1 Cr. (2 Lab.) Occasionally.

Course Context/Audience

Students will be expected to pursue course assignments in small groups and retrieve internet assignments relating to course content material. Transportation to SUNY Cortland is the responsibility of the student. Some fee required.

Basic Skills/Entry Level Expectations

Writing: W1 Student should be taking ENGL 099 (if needed). The course requires very limited writing, e.g., short written responses of a paragraph or less.

Math: M0 Course requires very little or no math.

Reading: R1 Course may be taken concurrently with RDNG 099.

Course Goals

By successfully completing this course, the student will be able to demonstrate:

- (1) the skills necessary to perform safely in the games of racquetball, handball, squash and deck tennis.
- (2) an awareness of the importance of fostering an environment where there is mutual respect, knowledge of the rules of the games, and sportsmanship.
- (3) after being assigned a "player rating" in each game, a higher rating level by course end.
- (4) methods of evaluating player performance.
- (5) knowledge about the importance of physical fitness and conditioning.
- (6) knowledge of career opportunities in physical education and recreation education.

Course Objectives/Topics

Objective/Topic	# Hours
Students will demonstrate proper court etiquette and sportsmanship. Mature, respectful and responsible social skills contributing to the overall success of the class is expected from every student at all times.	15 Hours
Students will describe the rules in singles and doubles play, be able to properly score games, sets and matches, and demonstrate the strokes used in the games of racquetball, handball, squash and deck tennis	2 Hours
Students will record and graph their daily performance results.	1 Hour
Students will use the National Tennis Rating system in order to pursue and document personal goals established during the course. Ability groupings will provide a reasonable and attractive learning environment for students to experience personal success.	2 Hours
Students will demonstrate conditioning methods and techniques in order to maintain or improve their current level of fitness. The state of fitness includes elements in both physical fitness and motor fitness.	4 Hours
Students will pre and post test in two measurable racquet/sports related skills: "grip-strength" testing and "percentage of serves" testing. Successful students will improve in both areas prior to course completion and demonstrate improvement in serving during match play.	1 Hour
Students will conduct a player performance assessment that includes completing a scouting report on at least one player during competition.	1 Hour
During the last two weeks of class, students will have the opportunity to become involved in a highly organized class tournament experience and celebrate their newly acquired knowledge and skills.	2 Hours
Students will identify one professional organization for each sport: racquetball, handball, and squash and investigate these organizations on the internet.	1 Hour
Students will be exposed to at least two sports retail business operations within our local sponsoring counties. As a result of visiting one of these sites, students will become aware of course-related equipment, price ranges, and materials used for expensive vs. inexpensive equipment (i.e., different metals used in racquet production, racquet string and grips, and clothing costs).	1 Hour

General Education Goals - Critical Thinking & Social/Global Awareness

CRITICAL THINKING OUTCOMES	HOW DOES THE COURSE ADDRESS THE OUTCOMES (Include required or recommended instructional resources, strategies, learning activities, assignments, etc., that must or could be used to address the goal/outcomes)
<p>Students will be able to</p> <ul style="list-style-type: none"> ➤ develop meaningful questions to address problems or issues. ➤ gather, interpret, and evaluate relevant sources of information. ➤ reach informed conclusions and solutions. ➤ consider analytically the viewpoints of self and others. 	<p>Students will develop and critique meaningful questions to address issues pertinent to case studies presented that are relevant to course content.</p> <p>Students will gather interpret and evaluated information to assess their progress in the course. They will learn to use the Likert Scales and pre- and post-attitudinal studies, graphing and content-specific continuum methods to determine their personal positions/status relative to a wide range of pertinent issues</p> <p>Students will reach informed conclusions and formulate solutions for new personal goals and objectives with an intense focus on personal improvement, implementing discoveries developed in classroom sessions.</p> <p>Students will consider analytically the viewpoints of self and others on a daily basis. TC3 has students from more than 60 countries around the world. Diversity is our campus strength inside and outside the classroom.</p>

SOCIAL/GLOBAL AWARENESS OUTCOMES	HOW DOES THE COURSE ADDRESS THE OUTCOMES (Include required or recommended instructional resources, strategies, learning activities, assignments, etc., that must or could be used to address the goal/outcomes)
<ul style="list-style-type: none"> ➤ Students will begin to understand how their lives are shaped by the complex world in which they live. ➤ Students will understand that their actions have social, economic and environmental consequences. 	<p>Students will begin or continue to understand and appreciate how their lives are shaped by the complex world in which they live by experiencing first-hand the value of the civilized campus, village, county, state and national environment we all create and share together.</p> <p>Students will understand that their actions (behavior) have social, economic, and environmental consequences for themselves and others, or may become pathways to bright, meaningful, exciting reasons for life satisfaction. Goal one is to learn to age successfully. Character education is the predictor of success in a civilized world.</p>

Instructional Methods

A combination of sequentially designed lessons and demonstrations are used by the instructor to aid students in the development of their knowledge and skills related to racquetball, handball, squash and deck tennis. Instructional methods may include: large and small group lecture, individual coaching, player-skills analysis through video taping, individualized "scouting reports" (player stats), and lectures provided by invited guest speakers.

Methods of Assessment/Evaluation

Method	% Course Grade
On court participation (indoor lectures, coaching sessions, and assigned matches)	30%
Player knowledge and skill evaluations (2)	20%
National Rating System Participation and Player Performance/Results Graph (includes credit for class attendance)	15%
Scouting Report (player stats)	15%
Class Project	10%
Contributes to the success of the class	10%

Text(s)

No textbook is required. Handouts are supplied by the instructor.

Bibliography

Fundamentals of Racketball

Other Learning Resources

Audiovisual Selected current video/DVD material as available through the TC3 Media Center.
Electronic 1. www.racquetworld.com (Racquetball, Handball, Squash and Pickleball rules, equipment, tournament schedules, and general information) 2. www.ussa.edu/sportslinks/sportslinks.asp (United States Sports Academy America's Sports University) 3. www.acsm.org (American College of Sports Medicine-ACSM)

4. www.webmd.com (WEBMD)
5. www.cooperfitness.com (Cooper Fitness Center)
6. www.nationalwellness.org (National Wellness Institute)
7. www.usta.com (United States Tennis Association)

Other

1. Fitness equipment demonstrations.
2. Computer-assisted instruction via TC3 campus resources.
3. Sports equipment information and pricing from local sports shops.
4. Lectures/demonstrations from invited guest speakers and field trips when available.