STAC 146—BEGINNING RACQUETBALL

PLEASE REFER TO THE WELCOME PAGE FOR GENERAL INFORMATION:
http://studentwellness.byu.edu/physical/activitycourses

Learning Outcomes
By the end of the term or semester, students will be able to:
1. Demonstrate an understanding of safety precautions, rules, and etiquette of singles, doubles, and cut-throat games of racquetball by passing (75% or better) four online quizzes.
2. Demonstrate proper form and technique equivalent to at least a level D (beginning) or C (intermediate) on the following skills:
   a. Serves: half-lob, lob, high Z, and drive
   b. Offensive Shots: down-the-line, cross-court, and wide-angle pass, pinch shots, and kill shot.
   c. Defensive shots: ceiling, around-the-world, high Z, and playing into-back wall.
   d. Offensive and defensive strategies
   e. Drills: practice drills for offensive and defensive shots

Required Equipment
The following are required for all students.
1. Racquet—Each student must have their own racquetball racquet. The racquet must have a wrist cord which must be worn when playing racquetball. A racquet can be purchased at the BYU bookstore or at a local sports store. Racquets are not available for check-out from the locker rooms. Students must bring a racquet to class starting on the second day of class.
2. Eye protection—Protective eye wear is required for all racquetball classes. Protective eye wear can be purchased at the BYU bookstore or at a local sports store. Students must have protective eye wear on or before the fourth day of class. Students wearing prescription eyewear will be required to wear protective eyewear over their prescription eyewear. Protective eye wear must be worn when playing racquetball.

Note—Students who do not have a racquet or are not wearing protective eyewear after the second and fourth day of class, respectively, will not be allowed to play racquetball during class time. The first time a student comes to class without required equipment, he/she will not be allowed to play racquetball. The second and subsequent times a student comes to class without required equipment, he/she will not be able to play racquetball AND will be marked as absent. These absences will count against ones grade just as any other absence (see the attendance policy on the next page). Students who are unable to comply with this policy should consider dropping the class.

Safety Considerations
For your safety and for the safety of other players:
1. Always wear the racquet tether on your wrist when playing racquetball.
2. Always wear protective eyewear when playing racquetball.
3. Call “hinders” when there is potential of hitting another player with the ball or the racquet.
4. Before entering a racquetball court, look into the door window and flash one light switch before opening the court door. Wait for play to stop. Then enter.

GRADING
• This course is graded PASS/FAIL
• Students must meet the following criteria to pass this course.
  1. Pass the attendance part of the course with 80%—no more than 5 hours absent
  2. Pass the written part of the class with 75% on the written test.

Students who do not meet this criteria will receive a Fail (E) grade which will impact their GPA.
ATTENDANCE/PARTICIPATION:

• Because participation is the primary component of an activity class, attendance is requisite to pass the class.

• Students must attend and participate in 80% of all class sessions to pass the course (Department policy). There is no such thing as an excused absence for University business. The purpose of the allowed absences is to accommodate for illness, injury, or University business.
  • For twice a week semester classes or 4 times a week block and Spring/Summer term classes, this equals no more than 5 class periods missed.
  • For twice a week block or Spring/Summer term classes and once a week semester classes, this equals no more than 2 class periods missed.
  • For once a week block classes, this equals no more than 1 class period missed.

• Excessive tardiness is not acceptable. Three (3) incidents of tardiness equal one (1) absence. If a student arrives after class begins, it will count as a tardy. If the student arrives 10 minutes or more after the class begins or leaves early, it will count as an absence.

• Students adding late can make up classes missed prior to adding during a 2 week period following the add/drop deadline. They should see the instructor for options immediately upon adding.

• A student incurring a prolonged injury or illness resulting in more than the allowed absences can withdraw from the class prior to the withdrawal deadline (see academic calendar). Students with a prolonged illness or injury occurring after the withdraw deadline can petition to withdraw at petitions.byu.edu. Call 801-422-2631 with questions about the petition process.

• If a student has any questions about this policy, contact Student Wellness, 203 RB, activity@byu.edu

WRITTEN EXAM
A written examination must be taken in the Testing Center. IMPORTANT: The test dates are posted at http://studentwellness.byu.edu/physical/activitycourses/. The test must be taken by one day prior to the last day of classes and will not be available during the last day of classes, Reading Days or Finals.

  Please note the following:
  1. The exam will cover materials taught and/or referred to in class.
  2. If a better grade is desired, a test may be retaken any number of times. Retakes are available for a $5.00 fee.
  3. A 24-hour period is required between taking the same test over again. If you fail a test on the last day offered, you cannot take the test again.
  4. A $5.00 late fee will be charged beginning 2pm on the last day of the exam.

Dress and Attire
During this activity class, students must wear modest clothing appropriate for physical activity and the sport of racquetball. T-shirts must be modest in length and have a normal short sleeve. Tank tops and sleeveless shirts are not permitted. T-shirts should also be modest in that logos, graphics, and text should not be distracting or offensive to the instructor or other students. Gym shorts should be modest in length. Students may wear sweat pants. Students cannot wear long pants, dress shorts, cargo shorts, cut-off jeans, etc. Instructors may ask students who are in violation of the dress code to leave class and return with approved attire. Violation of the dress code may also count as an absence for that class and affect your overall grade.

Injury
Any injury occurring during scheduled class time should be immediately reported to your instructor.

Racquet Restringing
Professional racquet restringing is available at 146-A in the Richards Building. Turn-around is typically 1–2 days.