

Reedley College

Racquetball P.E. 10

Mon. - Wed. - Fri. 10:00 - 10:50 Courts
Jan. 9, - May 12, 2017
Instructor: Bobbi Monk

COURSE DESCRIPTION

Instruction and practice in Beginning level skills, techniques and strategies of racquetball.

PARTICIPATION

Your participation is very important. **You will be allowed 3 absences without penalty.** After the 3rd absences, your grade will drop one grade level and continue to drop. **Late after 10:10, constitutes an absence & 3 tardies (10:06-10:10) will also constitute an absence.** You must participate and apply the knowledge / skills in each class meeting, making "mastery attempts". **NO participation in class, Not wearing proper attire, will constitute an absence.**

0 Absences	=	A+
1-3 "	=	A
4 "	=	B
5 "	=	C
6 "	=	D
7 "	=	F

On the 8th absence, your current overall grade will drop. *This P.E. Dept. No longer allows make-ups for absences. If you miss a class for what ever reason-It's an absence; so select your absences wisely !!!**

THREE CONSECUTIVE ABSENCES without notification or Not attending class on a regular basis, student will be dropped from the class. **It is the Student's RESONSIBILITY to Drop the class if you no longer wish to attend.**

PERFORMANCE

Your performance grade will be based on the quality of your test skills learned in class. Not taking a skills test will drop your grade (1) grade level. All skill grades will be averaged out for the Final skills grade.

Grading Policy

A++	=	107 ½%	and Above	of total points	+ Ex. Credit
A+	=	102 ½%	-107%	" "	" "
A	=	90%	- 102%	" "	" "
B	=	80%	- 89%	" "	" "
C	=	70%	- 79%	" "	" "
D	=	60%	- 69%	" "	" "
F	=	59%	and Below	" "	" "

PARTICIPATION 34% PERFORMANCE SCORES 33%
WRITTEN EXAMS 33% =FINAL GRADE

Test dates listed on additional sheet. **If you Must miss a test, prior arrangements must be made with the instructor. Or NO make ups will be allowed. !!NO Exceptions!!!**

INSTRUCTIONAL CALENDAR SPRING 2017

- Jan. 9(M) Instruction Begins
- Jan. 16(M) Martin Luther King Holiday
- Jan. 20(F) Last day to drop & qualify for refund
- Jan. 27(F) Last day to drop a class to Avoid a "W"
- Feb. 10(F) Last day to change a class To/From CR/NCR
- Feb. 17(F) Lincoln Day Holiday
- Feb. 20(M) Washington Day Holiday
- ** Mar. 10(F) Last day to drop a semester course
- Apr. 10-14(M-F) Spring Recess-Easter Holiday
- May 15-19(M-F) Final exams week

****NOTE: Proper attire for class: NO street clothes or street shoes, exercise clothing - T-shirts, shorts, sweats, spandex exercise wear and a court shoe. You will not be allowed to workout in street clothes. "NOT wearing proper attire "NO" participation allowed for the day, will constitute an absence.**

Note: SELECTING THE PROPER SHOE IS VERY IMPORTANT IN REDUCING THE RISK OF INJURY TO FEET, KNEES, ANKLES AND BODY.

Injury/Disclosure: Report all pre-existing medical conditions to instructor before exercising. Report all injuries to instructor as soon as they happen.

Reedley College - 638-3641-Leave messages for Bobbi Monk - Voice mail - Ext.3906 /Office Ext. 3672

E-MAIL for students - (www.bobbi.monk@reedleycollege.edu)

PLEASE USE YOUR ABSENCES WISELY!!!

****Test dates: Spring 2017-Racquetball- M-W-F 10:00**

- Jan. 9 (Mon) Filling out Medical Info.
Jan. 11 (Wed) Calculate Target Heart Rate - **No Dress out**
Jan. 13 (Fri) Learn Rules and how to Play
- Jan. 16 (Mon) No school - Martin Luther King Holiday**
Jan. 18 (Wed) Extra Cr-Quiz on syllabus (5pts)
**Jan. 20 (Fri) Extra Cr. Due Collect Pulses & Calculate THR
For (1 Day) (10pts. /-1AB) Work out**
- Jan. 30 (Mon) Study session -Bring study guide/ **No Dress out**
Feb. 3 (Fri) 1st test on skills
- Feb. 10 (Fri) Written exam - **No Dress out**
- Feb. 17 (Fri) President's Holiday**
Feb. 20 (Mon) President's Holiday
- Mar. 17 (Fri) 2nd test on skills
- Mar. 20 (Mon) Study session - **Bring study guide - No Dress**
- Mar. 29 (Wed) Extra Cr. Due -Healthy Recipe (5pts/ -1AB)**
Mar. 31 (Fri) Written exam - **No Dress Out**
- Apr. 10-14 (Mon - Fri) Spring Break**
- Apr. 28 (Fri) 3rd test on skills
- May 5 (Fri) Written exam - **No Dress Out**
- May 12 (Fri) Last day of Regular class.
- May 17 (WED) Final Exam - 10:00 - 11:50

If you must miss an exam, Prior arrangements "MUST" be made with the Instructor or "NO" make-up will be allowed. "NO EXCEPTIONS"

***NO "EXTRA CREDIT" papers will be accepted after DUE date- NO EXCEPTIONS"

