INSTRUCTOR: Dr. Hilda Fronske  
Office:   HPER # 159  
Phone:  797-1507  
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Place:  Gym 201 badminton and pickle ball - Field house track and field  
Racquetball courts for racquetball -   New tennis courts for tennis

Required Text


Clothing

Running shoes and socks, shorts, sweat pants shirts, tee shirts, street clothes are not permitted, even on days you are sick.  Come ready to play.

Locker fees $25.00.

Course Description

This course has been designed to teach you the skills of badminton, track and field and tennis also to provide you with opportunity to practice these skills. After taking this class the student will be more efficient in demonstrating the correct skill technique for a variety of badminton track and field, and tennis skills. The student will learn correct cues, drill progressions, and modified games for the different tennis badminton and track and field activities.

In badminton the skills to be covered will include: overhand and underhand clears, drive shot, drop shot, short and long serves scoring and strategies for both singles and doubles strategies.

In the track events we will cover: Starts, sprinting form, turns, hurdles, relays, visual exchange, non-visual exchange, and distance events. In the field events we will cover, long jump, triple jump, and shot put.

In tennis the skills to be covered include the following: forehand, backhand, serve, lob, volley, overhand hit, top spin back spin, scoring and strategies for both singles and doubles strategies. On rainy days we will include pickle-ball skills.
Class Attendance / Participation
Participation is critical in a fundamental class to develop skills and learn to perform a good skill analysis thus:

2 ABSENTENCES IS PERMITTED AFTER 2 ABSENTENCES 10 POINTS WILL BE DEDUCTED FROM THE final grade

Specific Student Competencies

The course activities, experiences, assignments and sequence are intended to provide opportunities for class members to accomplish the following:

Fees $15.00
Fees for this class help to cover the cost of badminton, racquetball, pickleball, and tennis, and plus the different equipment for track and field events.

Badminton Objectives

1. The students will practice these skills: forehand, backhand clear, smash, long and short serve, drop shot, drive shot, rules scoring and strategies for both singles and doubles strategies

   Assessment: skill test covers overhead and underhand clear, smash, and long and short serve during a game

2. The students will learn how to score and follow the rules in a badminton match

   Assessment. Play 8 singles and doubles games keeping score and following the rules

3. The student will play 8 singles games with 5 different opponents (1 bonus points if they win).

   Assessment: Play 8 doubles games record games played (5 points for each game) (1 bonus point if they win).

4. The student will play in 8 doubles games (1 bonus point if you win)

   Assessment. Play 8 doubles games record games played (5 points for each game) (1 bonus point if they win).
EVALUATION

Badminton

Games: The student will play 8 singles games

Games: The student will play 8 doubles games

Badminton Skills graded during a game situation

- Overhead clear: 5 points
- Underhand clear: 5 points
- Smash: 5 points
- Serving short and long: 5 points

8 Singles Games Played: 40 points (5 points) for each game
8 Doubles Games Played: 40 points (5 points) for each game

Track and Field Objectives

The student will

1. Participate in early bird specials, warm up, cool downs, sit-ups and push-ups, sprinting technique drills, skill progressions for each event.
   
   Assessment: 100 point for attendance 2 absence is allowed 10 points deducted after 1 absence.

2. Participate in the following track events and be taught correct skill technique. The track events include: running technique, distance running, turns, starts, sprints, hurdles, relays (visual and non visual exchanges). Included in these events will be game like drills to help improve their skill performance.

   Assessment: Student test on choice of 2 events

3. The student will participate and be taught correct skill technique in the following field events: long jump, triple jump, shot put and discus. Included in these events will be game like drills to help improve their skill performance.

   Assessment: Students tested on choice of 2 events
Track and Field EVALUATION

Skill tests: The student may choose two track events and two field events to be subjectively graded on. 10 points for each event (40 points)

GRADING

| Track events       | 30 points 10 points for each event (3 events) |
| Field events       | 30 points 10 points for each event (3 events)  |
|                    | 60 points                                          |

Tennis Objectives

1. The students will practice these skills: forehand, backhand, serve, lob, volley, overhand hit, topspin back spin, scoring and strategies for both singles and doubles strategies. On rainy days we will include pickle ball skills.

   Assessment

2. The students will learn how to score and follow the rules in a tennis match

   Assessment. Play 4 games

   • The student will play 4 tennis games with 4 different opponents

      Assessment: 10 points for each game played 2 bonus points are awarded if you win.

   • The student will participate in a singles and doubles tournament.

      Assessment 2 bonus points for each game they win.

EVALUATION

Tennis skills graded during a game situation

| Serve               | 5 points |
| Forehand stroke     | 5 points |
| Backhand stroke     | 5 points |
| Volley              | 5 points |
|                     | 20 points |
Tennis Games

6 Singles sets played 60points (10 points) for each set (win 6 games = a set)
2 Doubles sets played 20points (10 points) for each set (win 6 games = a set)
80 points

Racquetball Grading

Racquetball skills
Racquetball 2 serves 10 points
Racquetball forehand 5 points
Racquetball backhand 5 points 20 points

Racquetball games

4 singles games 20 points (5 points for each game)
4 cutthroat games 20 points (5 points for each game)

Exam

Design a 100 point exam

20 questions from the badminton chapter
20 questions from the track and field chapter
20 questions from the tennis chapter
20 questions from the racquetball chapter
20 questions from the pickle ball chapter

1. The test questions are multiple choice, true false, matching and short essay (no fill in the blanks unless it is a multiple choice question)

2. Each question must have one specific answer

3. The exam must be typed

4. Place the answer in the question (No answer sheets)

5. Give direction for each section of the test

6. Must be a professional test as if you were to give it to your class
Grading

<table>
<thead>
<tr>
<th>Activity</th>
<th>Points</th>
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<tbody>
<tr>
<td>Badminton skills</td>
<td>20</td>
</tr>
<tr>
<td>Tennis skills</td>
<td>20</td>
</tr>
<tr>
<td>Racquetball skills</td>
<td>20</td>
</tr>
<tr>
<td>Track and Field skills</td>
<td>60</td>
</tr>
<tr>
<td>Tennis games</td>
<td>80</td>
</tr>
<tr>
<td>Badminton games</td>
<td>80</td>
</tr>
<tr>
<td>Racquetball games</td>
<td>40</td>
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<tr>
<td>Attendance</td>
<td>100</td>
</tr>
<tr>
<td>Exam</td>
<td>100</td>
</tr>
</tbody>
</table>

520 points

Grading

100 - 96% = A
95  - 92% = A-
91  - 88% = B+
87  - 85% = B
84  - 80% = B -
79  - 77% = C+

Students who feel they have been unfairly treated [in matters other than (i) discipline or (ii) admission, residency, employment, traffic, and parking – which are address by procedures separate and independent from the Student Code] may file grievance through the channels and procedures described in the Student Code: Article VII. Grievances, pp. 25-30. http://studentlife.tsc.usu.edu/stuserv/pdf/student_code.pdf
Tentative Schedule

Tennis

Week 1  Aug
Tue  26   Supportive climate- syllabus- names
Thur 28   Forehand and backhand stroke

Week 2  Sept
Tue  2    Review  forehand  backhand stroke – new:  volley
Thur 4    Serve  -Singles game rules

Week 3  Sept
Tue  9    Overhead hit and lob  Singles game
Thur 11   Back spin top spin  Doubles games

Week 4  Sept
Tue  16   Tennis singles games  Tie breaker
Thur 18   Tennis doubles games  Tie breaker

Week 5  Sept
Tue  23   Tenis
Thurs 25  Tennis
Track and Field

Week 6  Oct
Tue  30  Dynamic Stretches - sprint technique - sprinting
Thur  2  Sprint drills - Starting blocks

Week 7  Oct
Tue  7  Hurdles drills Hurdles - hurdles progression
Thur  9  Relays non visual and visual exchange

Week 8  Oct
Tue  14  Long jump- triple jump /
Thur  16  No Class Attend Friday Classes

Racquetball

Week 9  Oct
Tue  21  Forehand/ backhand /Serves
Thur  23  Forehand/ backhand /Serves

Week 10  Nov
Tue  28  Singles / Cutthroat games
Thur  30  Singles / Cutthroat games
**Pickle Ball**

Week 11  Nov

Tue  4     Pickle Ball forehand / backhand / volley / serve
Thur 6     Pickle Ball singles and doubles game

**Badminton**

Week 12  Nov

Tue  11     Underhand - overhead clears - smash - game like
Thur 13    Underhand - overhead clears - smash - game like

Week 13  Nov

Tue  18     Review the smash - drop shot – drive shot
Thur 20    Long and short serves - singles game rules

Week 14  Dec

Tue  25     Singles games / strategies
Thur 27   Thanksgiving Holiday

Week 15  Dec

Tue  2     Doubles games/ rules / strategies
Thurs 4  Singles and Doubles games