

# Health Exercise Studies Racquet (HESR)

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## **HESR 242 Badminton** (1 credit hours)

This is a beginning badminton course in which students will develop the basic skills necessary to play the game of badminton. Technical skills include the overhead and underhand clears, the short and long serves, drop shots and the smash. Instruction will include an emphasis on the fundamental strategies and rules used in both singles and doubles play. Basic fitness and training principles will be discussed as applicable to the sport of badminton.

*GEP Health and Exercise Studies*  
*Typically offered in Fall and Spring*

## **HESR 249 Tennis I** (1 credit hours)

This is a beginning tennis course in which students will develop the basic skills necessary to play the game of tennis. Technical skills include forehand and backhand ground strokes, volleys, serves and proper footwork. Students will also learn the fundamental rules, basic strategies, and court positioning for singles and doubles play. Basic fitness and training principles will be discussed as applicable to the sport of tennis.

*GEP Health and Exercise Studies*  
*Typically offered in Fall and Spring*

## **HESR 250 Tennis II** (1 credit hours)

This course will review some of the basic tennis skills introduced in the PE 249 Tennis I course. Additionally, this course will introduce more advanced techniques in stroke production and skill development such as the topspin and slice serves, approach shots, half-volleys, and drop shots. Students will analyze some of the various styles of play used in the game of tennis and perform drills as well as match play situations that will improve performance based on offensive and defensive tactics in both singles and doubles.

Prerequisite: HESR 249  
*GEP Health and Exercise Studies*  
*Typically offered in Fall and Spring*

## **HESR 255 Pickleball** (1 credit hours)

This is a beginning pickleball course in which students will develop the basic skills to play the game of pickleball. Technical skills include forehand and backhand groundstrokes, volleys, serves, lobs, overheads, dink shots, and proper footwork. Students will also learn the fundamental rules, basic strategies, and court positioning for singles and doubles play. Basic fitness and training principles will be discussed as applicable to the sport of pickleball.

*GEP Health and Exercise Studies*  
*Typically offered in Fall and Spring*

## **HESR 256 Racquetball** (1 credit hours)

This is a beginning racquetball course in which the students will develop the basic skills to play the game of racquetball. Technical skills include forehand and backhand groundstrokes, ceiling balls, serves and proper footwork. Students will also learn the fundamental rules, basic strategies, and court positioning for singles, cutthroat and doubles play. Basic fitness and training principles will be discussed as applicable to the sport of racquetball. Approved protective eyewear must be provided by the student.

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*Typically offered in Fall and Spring*