Nick Sanford

James Hall

HPELS 1059: Dimensions of Well-Being – Racquetball

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Reflection Paper

Racquetball has been a very fun and informative class thus far, and throughout the half semester, there has been a lot to learn and catch up on. Through lessons, trial and error, and many missed balls, this class has shown me a lot of my skill that I have learned and have needed to learn as I went. One of the specific parts of the game that was especially challenging to learn was where the ball moves throughout the court. When I first got into the court and tried to play, I quickly learned that it was not helpful to go and run toward the wall that the ball was bouncing off of because the ball never ends up there. Through many hits and misses, I have learned a lot about the mechanics of a racquetball court, and the only way anyone can master this portion of the game is through playing many games of racquetball. Without knowing where the ball is going to be, it makes the game harder to play, more dangerous, and gives the player less of a chance at learning to hit the ball correctly.

I have always struggled with tennis and many other games like it, and this class has taught me a lot about how to correctly play racquet-related games. One of the most basic skills that is gained through formally learning racquetball is how to position your hands and the racquet when the ball is coming to you. It seems silly to focus too much on where the players hands are before hitting the ball, but this skill is one of the most fundamental skills in racquetball. In order to successfully return the ball, the player must know which way he or she is going to hit the ball and where to position his or her hands before they hit it. Without this skill, the player cannot adequately play the game. Another skill that was challenging to learn and imperative to the game is simply hitting a backhand shot. Backhand shots are very hard because people are not used to the abduction movement of the arm to hit a ball; it seems very counter-intuitive to people. The backhand hit is imperative to the game of racquetball because half of the court is on the players’ backhand side when he or she is getting ready to return a serve. This class has continuously exposed my backhand hits, and throughout these past few final weeks of the course, I have seen myself become more and more proficient at returning the ball on my backhand side.

One of the most important pieces of well-being and staying active is ensuring the person trying to be active is enjoying what they are doing to be active. I believe this course has greatly shown each and every student how easy and fun the game can be. I found myself frequently missing shots and wondering why I missed and wanting to become better. When this happens, I always ensure to correct myself and remember what was taught in the informative portions of the class. For example, in the early stages of the class, we were taught that most of the balls will come to the middle of the room after hitting the wall, or they will be within a step or two from that spot. When thinking about this idea from class, I found myself moving closer to the center after each shot so I would have a better chance at returning the shot. I know I will remember these concepts and apply them in the future games that I play. I have greatly appreciated all we have learned in this course because we learned many concepts about racquetball, how the game works, and how to make proficient shots in the game. Even though the rules and concepts of the game are very important in the game, the most important concept this class taught me is that it is incredibly easy to have a lot of fun while staying active through racquetball.