San José State University  
Kinesiology  
Fall 2013, KIN 22A, Beginning Racquetball

<table>
<thead>
<tr>
<th>Instructor</th>
<th>Dr. Ray Kwok</th>
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<tr>
<td>Office Location</td>
<td>Sci 310</td>
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<tr>
<td>Telephone</td>
<td>924-5252</td>
</tr>
<tr>
<td>Email</td>
<td><a href="mailto:Raymond.kwok@sjsu.edu">Raymond.kwok@sjsu.edu</a></td>
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<tr>
<td>Office Hours</td>
<td>MWF 11:20 am to 12:20 pm</td>
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<tr>
<td>Class Meetings</td>
<td>Tue 6:00 - 7:50 pm</td>
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**Course Description**

Emphasis will be on learning fundamental racquetball skills, basic tactics, etiquette, basic rules, and applications of the knowledge and skills in games. There is no prerequisite. It is assumed that students enrolled in the Kin 22A class have little or no experience in racquetball, and students enrolled in the Kin 22B class have some playing experience and are comfortable playing simple games from the beginning. Since this is a combined class, the content for Beginners and Intermediate players will basically be the same but with different emphases. The instruction time will also be separated. The beginners will mainly focus on fundamentals and mechanics. The game assignments will also be separated in groups according to the player’s ability.

**Course Goals and Student Learning Objectives**

Following activities and assigned reading, students will be able to demonstrate through class activities/assignments, skill tests, and written exams,

- Knowledge of fundamental skills, technique, and basic strategies of racquetball.
- Proficiency in execution of the skills covered.
- A positive change in personal fitness as it relates to components such as cardiovascular endurance, muscular strength and endurance, flexibility and reflexibility.
- An understanding of the history, rules, strategies, current research, safety and etiquette associated with racquetball.
- An understanding of the mental and physical health benefits to be derived from racquetball.
- An understanding of proper warm ups and use of simple drills.
Activity Program Learning Outcomes

Students shall be able to:

- Demonstrate the acquisition and application of motor skills appropriate to the specific activity.
- Demonstrate an understanding of the applicable history, rules, strategies, current research, safety, and etiquette appropriate to the specific activity.
- Demonstrate an understanding of the benefits of a specific activity as it relates to physical and mental health.
- Demonstrate a positive change in personal fitness as it relates to components such as cardiovascular endurance, muscular strength and endurance, flexibility and body composition.

Course Notes

- Class protocol: Students are expected to arrive on time and remain in the court area the whole time, and be ready to participate fully in all activities throughout the class period. Interactions with classmates and the instructor are expected to be respectful at all times.
- Recording class: Instruction may not be recorded without consent of the instructor. If classmates ask you to record their performance for later review make sure it is done before or after class rather than during class. Do not post or otherwise share the recording.
- Extra practice: The racquetball club members usually meet on Tue after our class, and/or Friday afternoon. Please join them for extra games. No membership fee. Just extra fun. Check them out.
- Course grades will be posted on MYSJSU by the end of finals week.
- Students may make up missing games only if the round has not been terminated yet.
- Final Exam cannot be made up.
- Students are expected to be familiar with the add/drop policy. Dropping the class without following proper procedure would result a “F” in the record.
Course Requirements and Grading Policy

Grading Plan

20% Class participation
10% Online Rules Q&A
50% Game Assignment
20% Final Exam

Grading Scale used to determine letter grade for each component above.

<table>
<thead>
<tr>
<th>Percentage Range</th>
<th>Grade</th>
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<tbody>
<tr>
<td>97-100%</td>
<td>A+</td>
</tr>
<tr>
<td>93 - 96%</td>
<td>A</td>
</tr>
<tr>
<td>90 – 92%</td>
<td>A-</td>
</tr>
<tr>
<td>87 - 89%</td>
<td>B+</td>
</tr>
<tr>
<td>83 - 86%</td>
<td>B</td>
</tr>
<tr>
<td>80 – 82%</td>
<td>B-</td>
</tr>
<tr>
<td>77 - 79%</td>
<td>C+</td>
</tr>
<tr>
<td>73 - 76%</td>
<td>C</td>
</tr>
<tr>
<td>70 - 72%</td>
<td>C-</td>
</tr>
<tr>
<td>67 - 69%</td>
<td>D+</td>
</tr>
<tr>
<td>63 - 66%</td>
<td>D</td>
</tr>
<tr>
<td>60 – 69%</td>
<td>D-</td>
</tr>
<tr>
<td>&lt; 60%</td>
<td>F</td>
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Course Calendar (subject to change with fair notice by announcement in class and/or email)

- Week 1  - Green sheet, Policies, Introduction, Equipment & Safety, Basic Rules
- Week 2  - How to play a game, How to score, basic Forehand stroke
- Week 3  - Backhand stroke, “What’s the call”, Game play
- Week 4  - Use the walls, Side-walls, drills, Rules on hinders
- Week 5  - Backwall play, Kill shots setup, drills, Rules on point hinders
- Week 6  - Defensive shot selection, Ceiling balls, Multiple walls
- Week 7  - Serve philosophy and mechanics, Drive serve, Return of Serve
- Week 8  - Z-serve, High and Low Z, Fast and soft Z, Backhand Z, Rules on appeals
- Week 9  - Lob serves, Half lob, Full lob, Short hop, Rules on 5-foot line
- Week 10 - Center court control, Safety – out of the service box, Driving, Footwork
- Week 11 - Short selections, Down the line, Cross Court, Pinch, Reverse Pinch & Splat
- Week 12 - Combination drills, Round Robins, Cut throat, String Tension
- Week 13 - Tournament Play - Singles
- Week 14 - Tournament Play - Doubles
University Policies

Dropping and Adding

Students are responsible for understanding the policies and procedures about add/drop, grade forgiveness, etc. Refer to the current semester’s Catalog Policies section at [http://info.sjsu.edu/static/catalog/policies.html](http://info.sjsu.edu/static/catalog/policies.html). Add/drop deadlines can be found on the current academic year calendars document on the Academic Calendars webpage at [http://www.sjsu.edu/provost/services/academic_calendars/](http://www.sjsu.edu/provost/services/academic_calendars/). The Late Drop Policy is available at [http://www.sjsu.edu/aars/policies/latedrops/policy/](http://www.sjsu.edu/aars/policies/latedrops/policy/). Students should be aware of the current deadlines and penalties for dropping classes.

Information about the latest changes and news is available at the Advising Hub at [http://www.sjsu.edu/advising/](http://www.sjsu.edu/advising/).

Academic integrity

Your commitment as a student to learning is evidenced by your enrollment at San Jose State University. The University’s Academic Integrity policy, located at [http://www.sjsu.edu/senate/S07-2.htm](http://www.sjsu.edu/senate/S07-2.htm), requires you to be honest in all your academic course work. Faculty members are required to report all infractions to the office of Student Conduct and Ethical Development. The Student Conduct and Ethical Development website is available at [http://www.sjsu.edu/studentconduct/](http://www.sjsu.edu/studentconduct/).

Instances of academic dishonesty will not be tolerated. Cheating on exams or plagiarism (presenting the work of another as your own, or the use of another person’s ideas without giving proper credit) will result in a failing grade and sanctions by the University. For this class, all assignments are to be completed by the individual student unless otherwise specified. If you would like to include your assignment or any material you have submitted, or plan to submit for another class, please note that SJSU’s Academic Integrity Policy S07-2 requires approval of instructors. Note: outings completed for another class cannot be counted for this course.

Campus Policy in Compliance with the American Disabilities Act

If you need course adaptations or accommodations because of a disability, or if you need to make special arrangements in case the building must be evacuated, please make an appointment with me as soon as possible, or see me during office hours. Presidential Directive 97-03 at [http://www.sjsu.edu/president/docs/directives/PD_1997-03.pdf](http://www.sjsu.edu/president/docs/directives/PD_1997-03.pdf) requires that students with disabilities requesting accommodations must register with the Disability Resource Center (DRC) at [http://www.drc.sjsu.edu/](http://www.drc.sjsu.edu/) to establish a record of their disability.