KIN 22A  Beginning Racquetball

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 emphasizes. 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.

Activity Program Learning OBJECTIVES (APLO)

Upon successful completion of course requirements students will:
   a) demonstrate the acquisition and application of motor skills appropriate to racquetball,
   b) demonstrate an understanding of the applicable history, rules, strategies, current research, safety and etiquette appropriate to the game,
   c) demonstrate an understanding of the benefits of racquetball as it relates to physical and mental health,
   d) demonstrate a positive change in personal fitness as it relates to component such as cardiovascular endurance, muscular strength, endurance and flexibility,
   e) demonstrate ability to properly warm up and to use simple drills,

CONTENT

Knowledge:
   a. Concepts, brief history, and contemporary status of the game.
   b. Benefits of playing racquetball
   c. Basic etiquette
   d. Strategies
   e. Basic rules and game procedures.
   f. Basic terminology.
   g. Using and taking care of the equipment

Performance:
   a. Basic skills:
      1. Strokes Mechanics
         1). Proper Grips
2. Shot Selection
   1. Down the line
   2. Cross Court Pass
   3. Pinch Shots
   4. Ceiling balls
   5. Multiple walls

b. Basic tactics (combined with skills)
   1. Serving tactics
   2. Returning tactics
   3. Rally tactics
   4. Offensive strategies
   5. Defensive strategies
   6. Court coverage philosophies

c. Warm-up routine and basic drills

d. Single games
   1. Round robin tournament
   2. Elimination tournament

**COURSE REQUIREMENTS**

a) Active participation in all class activities, including lectures, practice, discussion, quizzes, written examinations, skill test, games and tournament, and assignment, etc..

b) Attending classes in a timely manner.

c) Loose fitting clothes and sport shoes (non-marking) for ease of movement and safety, no jeans or other street clothes/shoes in classroom.

d) Cooperation and mature behavior are expected in the class.

e) At least 5 minutes warm-up period is required before any skill practice.

f) Students are required to bring their own racquets, although there are a few racquets at the front desk for lease. Safety eye goggle is MANDATORY.

g) The last class meet will be the FINAL EXAM date.

**EVALUATIONS**

a. Participation..................................................................................................................20%
   -- evaluated by in-class participation, drills, questions and answers
   -- preparation for classes (with proper clothing and equipment)

b. Homework .......................................................................................................................10%
   -- on rules. (About 15 short questions posted on website for the whole semester.)
   -- email the answer for 2 questions a week starting the third week.

c. Games Assignment.......................................................................................................50%
   -- there are about 3 rounds of round-robin and 2 tournament throughout the semester.

d. Final Exam.....................................................................................................................20%
   -- written exam (based on the lectures and material discussed in class)
   -- and/or game play with pre-defined rules (TBA)

e. Grading: A = 90 - 100%  B = 80 - 90%  C = 70 - 80%  D = 60 - 70%  F = 60% or lower
UNIVERSITY POLICIES

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, 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.sa.sjsu.edu/judicial_affairs/index.html. 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 Policy S07-2 requires approval of instructors.

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 requires that students with disabilities requesting accommodations must register with the Disability Resource Center (DRC) at http://www.drc.sjsu.edu/ to establish a record of their disability.

Tentative Schedule

<table>
<thead>
<tr>
<th>Week</th>
<th>Skills</th>
<th>Knowledge</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Basic rules, Equipment &amp; Safety</td>
<td>Green-sheet, Policies, Introduction, History</td>
</tr>
<tr>
<td>2</td>
<td>Forehand grip, Power stroke</td>
<td>Game rules review, How to play a game, How to score – basic strategies</td>
</tr>
<tr>
<td>3</td>
<td>Backhand grip, Backhand stroke</td>
<td>Benefits of racquetball, Aggressive game style, “What’s the call” Game play</td>
</tr>
<tr>
<td>4</td>
<td>Use the walls, Side-walls</td>
<td>Rules – hinders, Safety, Wall drills, Game play</td>
</tr>
</tbody>
</table>
Backwall play
Kill shots setup
Rules – point hinders
Back wall drills
Game play

Defensive shot selection
Ceiling balls
Multiple walls
Wall paper shots
Around the world
Game play

Serve philosophy & mechanics:
Drive Serve
Return of Serve
Rules – fault serve and out serve
Serve and return drill
Game play

Z-serves
High and Low Z
Fast and soft Z
Rules – appeal
Z-serve drills
Game play

Lob serves
Half lob, Full lob
Short hop
Safety “5-foot” line
Lob server drills
Game play

Center court control
Safety
Out of the serve box
Driving
Rules - avoidable
Footwork
3-rally drills
Game play

Shot selections
Down the line, Cross Court
Pinch, Reverse Pinch, Splat
Footwork
Review Power Strokes
Combination drills
Game play

Combination drills
Revisit equipment – string tension
Game play – finish all round-robbins

Tournament play - Singles
Team Competition
Warm ups
Referees

Tournament play - Singles
Double Elimination
Official Rules - revisit
Introduction to Doubles & Cut-throat

Challenge Games
Final Exam