

San José State University
Kinesiology
Spring 2015, KIN 22A, Beginning Racquetball

Contact Information

Instructor: Dr. Ray Kwok

Office Location: ENG 363 / Sci 310

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Office Hours: MW 8:00 – 8:30 am (ENG363), Fri 9:30 – 10:30 am (Sci310)

Class Meetings & location: Tues 6:00 – 7:50 pm, Sports Club

Course Description

This course is designed to acquaint the student with the game of racquetball. Content area in this course will include rules, safety, appreciation of the game and introductory skill.

Web Resource

Course materials and additional information may be found on
www.engr.sjsu.edu/rkwok/Racquetball.htm

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 tactics of racquetball.**
- **Proficiency in execution of the skills covered.**
- **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 appropriate level of proficiency in personal fitness as it relates to components such as cardiovascular endurance, muscular strength and flexibility, body composition, balance, coordination, and agility.**

Activity Program Learning Outcomes

After completion of the physical activity graduation requirement, students shall be able to:

- Demonstrate proficiency in the execution of the motor/sport skills appropriate to the specific activities completed.
- Identify and/or explain the applicable history, rules, strategies, current research, safety, and etiquette related to the specific activities completed.
- Identify and/or explain the benefits of physical activity as related to physical and mental health.

Text/Readings

Study the Official Rules published by the USA Racquetball Association. Follow the link in my website: <http://www.engr.sjsu.edu/rkwok/RBrules.htm>

Course Notes

- **Class protocol:** Students are expected to arrive on time and participate fully in all activities throughout the class period. Turn cell phone off and put away for the duration of the class. Interactions with classmates and the instructor are expected to be respectful at all times.
- **Recording class:** Instruction may not be recorded. 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.
- **Intellectual property:** Course materials developed by the instructor (e.g., exam/quiz items, videos, lecture notes), are the instructor's intellectual property and cannot be shared or uploaded in any form publicly without the instructor's approval.
- **Places to practice:** Students may come to the court any time during the week to practice and do drills as discussed in class.
- **Course grades will be posted on on MYSJSU** at the end of the Final week.
- Students are encouraged to make up any missing games. Please see instructor for details
- Drop requests will not be accepted after the SJSU drop deadline.

Course Requirements and Grading Policy - Sample below.

Grading Plan

- a. Drills Participation.....20%
 - evaluated by in-class activities, drills, questions and answers
 - preparation for classes (with proper clothing and equipment)
- b. Homework10%
 - 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 and Tournaments.....50%
 - there are about 4 rounds of round-robins 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

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

Percentage	Equivalent Grade
97% - 100%	A+
93% - 96%	A
90% - 92%	A-
87% - 89%	B+
83% - 86%	B
80% - 82%	B-
77% - 79%	C+
73% - 76%	C
70% - 72%	C-
67% - 69%	D+
63% - 66%	D
60% - 62%	D-
below 60%	F

Tests:

Tournaments are where we test our knowledge and skills against our peers in a friendly and fun setting. They will be held towards the 2nd half of the semester. Details will be discussed in class.

Assignments/Projects:

This is a set of questions of rules and calls that needs to answer and email to me by the end of the 4th week. Questions are located in my website. Details will be given in class.

Success in this course is based on the expectation that students will spend, for each unit of credit, a minimum of forty-five hours over the length of the course. This would include preparing for class, participating in course activities, and completing assignments/projects. Generally this will amount to 1 hour a week outside of class.

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 in the policies section at <http://info.sjsu.edu/static/catalog/policies.html>. Add/drop deadlines can be found on the current academic year calendars document at http://www.sjsu.edu/provost/services/academic_calendars/. The late drop policy is available at <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/>.

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 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 at <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 at <http://www.sjsu.edu/senate/S07-2.htm> requires approval of instructors.

Note: Outings/assignments 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 requires that students with disabilities requesting accommodations must register with the Accessible Education Center (AEC) at <http://www.sjsu.edu/aec/> to establish a record of their disability.

Accommodation to Students' Religious Holidays

San José State University shall provide accommodation on any graded class work or activities for students wishing to observe religious holidays when such observances require students to be absent from class. It is the responsibility of the student to inform the instructor, in writing, about such holidays before the add deadline at the start of each semester. If such holidays occur before the add deadline, the student must notify the instructor, in writing, at least three days before the date that he/she will be absent. It is the responsibility of the instructor to make every reasonable effort to honor the student request without penalty, and of the student to make up the work missed. See University Policy S14-7 at <http://www.sjsu.edu/senate/docs/S14-7.pdf>.

Course Calendar (subject to change with fair notice by announcement in class and/or email)

Week	Course Content (Assignments, Exams/Quizzes, ...)
1	Basic rules, Equipment & Safety
2	Forehand grip, Power stroke
3	Backhand grip, Backhand stroke
4	Use the walls, Side walls
5	Backwall play, Kill shots setup
6	Defensive shot selection, Ceiling balls and Multiple walls
7	Serve philosophy & mechanics, Drive serve and Return of serve
8	Z-serves, High & Low Z, Fast & Soft Z
9	Lob serves, Half lob & Full lob, Short hop
10	Center Court Control, Safety, Out of the serve box
11	Shot selections: Down the line, Cross Court, Pinch, Reverse Pinch,

Week	Course Content (Assignments, Exams/Quizzes, ...)
	Splat
12	Combination drills
13	Tournament play - Singles
14	Double elimination
15	Cut-throat and Doubles
16	Final Exam