

Department of Kinesiology, SJSU

Spring 2013

Class time: Tues 6:00 -7:50 pm in Sport Club Fitness Center

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Office Hours: TuTh 1:00 – 2:00 pm, or by appointment

## **KIN 22B Intermediate Racquetball**

**DESCRIPTION** Emphasis will be on learning advanced racquetball skills, tactics, etiquette, official rules, and applications of the knowledge and skills in games. Prerequisite: Kin 22A. 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 be very similar but with different emphasizes. The instruction time will also be separated. The beginners will be focused on fundamentals and mechanics, while the more advanced students will spend more time on advanced strategies as well as on power stroke mechanics and on aggressive offensive game style. 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 racquteball 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). Forehand
  - 3). Backhand
2. Shot Selection
  - 1). Down the line
  - 2) Cross Court Pass
  - 3). Pinch & Reverse Pinch
  - 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 and double games
  - 1). Round robin tournament
  - 2). Elimination tournament
  - 3). Team competition
- e. Competitive pre-game preparations
  - 1) Drills and percentage
  - 2) Physical fitness
  - 3) Mental visualization
  - 4) Nutritional consideration

### **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-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 (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](http://www.sjsu.edu/senate/S07-2.htm), 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](http://www.sa.sjsu.edu/judicial_affairs/index.html) is available at [http://www.sa.sjsu.edu/judicial\\_affairs/index.html](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](http://www.drc.sjsu.edu/) (DRC) at <http://www.drc.sjsu.edu/> to establish a record of their disability.

**Tentative Schedule**

<u>Week</u>	<u>Skills</u>	<u>Knowledge</u>
1	Basic rules Equipment & Safety	Green-sheet, Policies Introduction, History
2	Forehand grip Power stroke	Game rules review How to play a game How to score – basic strategies
3	Backhand grip Backhand stroke	Benefits of racquetball Aggressive game style

		“What’s the call” Game play
4	Use the walls Side-walls	Rules – hinders, Safety Wall drills Game play
5	Backwall play Kill shots setup	Rules – point hinders Back wall drills Game play
6	Defensive shot selection Ceiling balls Multiple walls	Wall paper shots Around the world Game play
7	Serve philosophy & mechanics: Drive Serve Return of Serve	Rules – fault serve and out serve Serve and return drill Game play
8	Z-serves High and Low Z Fast and soft Z	Rules – appeal Z-serve drills Game play
9	Lob serves Half lob, Full lob Short hop	Safety “5-foot” line Lob server drills Game play
10	Center court control Safety Out of the serve box Driving	Rules - avoidable Footwork 3-rally drills Game play
11	Shot selections Down the line, Cross Court Pinch, Reverse Pinch, Splat	Footwork Review Power Strokes Combination drills Game play
12	Doubles & Cut-throat Combination drills	Rules – doubles & cut-throat Revisit equipment – string tension Game play – finish all round-robins
13	Tournament play - Singles Team Competition	Warm ups Referees Pre-game preparation – competitive players
14	Tournament play - Doubles Double Elimination	Double strategies Mix Doubles

