

**San José State University**  
**Kinesiology**  
**Kin22A, Beginning Racquetball, Fall 2017**

**Course and Contact Information**

<b>Instructor:</b>	Dr. Ray Kwok
<b>Office Location:</b>	Engr 259
<b>Telephone:</b>	(408) 924-3950
<b>Email:</b>	Raymond.Kwok@sjsu.edu
<b>Office Hours:</b>	TuTh 10:15 – 11:15 am
<b>Class Days/Time:</b>	Tues 6:00 – 7:50 pm
<b>Classroom:</b>	Sports Club Racquetball Court

**Course Format**

**Course Description**

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

**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.

**Course Learning Outcomes (CLO)**

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.

## Required Texts/Readings

Study the Official Rules published by the USA Racquetball Association, and short articles assigned in class.

## Course Requirements and Grading Policy

- a. Drills Participation.....20%
  - evaluated by in-class activities, 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 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.

## Grading Information for GE/100W

This course must be passed with a C- or better as a CSU graduation requirement.

## Classroom Protocol

- 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.

## University Policies

Per University Policy S16-9, university-wide policy information relevant to all courses, such as academic integrity, accommodations, etc. will be available on Office of Graduate and Undergraduate Programs' [Syllabus Information web page](http://www.sjsu.edu/gup/syllabusinfo/) at <http://www.sjsu.edu/gup/syllabusinfo/>

## Kin22A, Fall 2017, Tues 6:00-7:50 pm

Week	Course Content
1	Basic rules, Equipment & Safety
2	Forehand grip, Power stroke
3	Backhand grip, Backhand stroke
4	Use the walls, Side walls

<b>Week</b>	<b>Course Content</b>
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, Splat
12	Combination drills
13	Tournament play - Singles
14	Double elimination
15	Cut-throat and Doubles
16	Final Exam – at Sports Club Racquetball Court