

I. CATALOG DESCRIPTION:

- A. Department Information:
Division: Physical Education, Athletics & Health
Department: N/A
Course ID: PE-I 144X4
Course Title: Racquetball
Units: 1
Lecture: None
Lab: 3 hours

B. Catalog and Schedule Description:

Instruction in the skills, techniques, strategies, etiquette, and rules of racquetball. Instruction designed for beginning, low intermediate, high intermediate and advanced levels directed toward improving overall physical fitness.

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: Four

III. EXPECTED OUTCOMES FOR STUDENTS:

- A. On successful completion of level one of this course, the student should be able to:
1. Demonstrate beginner-level skills in the game of racquetball
 2. Interpret the rules and strategies of the game to compete in a singles competition
 3. Interpret rules and strategies of the game to compete in a doubles competition
 4. Interpret rules and strategies of the game to compete in a mixed competition
 5. Demonstrate proper racquetball etiquette
- B. On successful completion of level two of this course, the student should be able to:
1. Demonstrate low intermediate-level skills in the game of racquetball
 2. Demonstrate low intermediate-level strategies of singles and doubles play
 3. Discuss the importance of cardiovascular fitness to successful badminton play
 4. Play low intermediate-level racquetball for 20 minutes without a break
- C. On successful completion of level three of this course, the student should be able to:
1. Demonstrate high intermediate-level skills in the game of racquetball
 2. Demonstrate high intermediate-level strategies of singles and doubles play
 3. Develop a cardiovascular training program for advanced racquetball players
 4. Play high intermediate-level racquetball for 30 minutes without a break
- D. On successful completion of level four of this course, the student should be able to:
1. Demonstrate advanced-level skills in the game of racquetball
 2. Demonstrate advanced-level strategies of singles and doubles play
 3. Lead a class discussion on the progression of skills and cardiovascular training needed to reach advanced level of racquetball play
 4. Play advanced-level racquetball for 45 minutes without a break

IV. CONTENT:

- A. Equipment, racquets, shoes, etc.
- B. Court explanation and markings
- A. Basic rules of the game
 - B. Basic hitting position, grip
 - C. The backhand drive
 - D. The lob serve
 - E. The power serve
 - F. The Z-serve
 - G. Overhead smash
 - H. Kill shot (front wall and side wall)

- I. Passing shot
- J. Ceiling shot
- K. Lob shot
- L. Drop shot
- M. Back wall play
- N. Soft corner drop shot
- O. Crotch serve
- P. Diagonal serve
- Q. Singles strategy
- R. Offense and defense strategy
- S. Shot anticipation
- T. Psychology of play

V. METHODS OF INSTRUCTION:

- A. Demonstrations
- B. Instruction
- C. Observation
- D. Films and videos
- E. Written exam
- F. Writing assignment

VI. TYPICAL ASSIGNMENTS:

- A. Read and critique article on beginning racquetball strategy
- B. Write a cardiovascular training program for advanced racquetball players
- C. Take a partner graded quiz on rules and strategy. Evaluate results with partner.

VII. EVALUATION:

Methods of evaluation

- 1. Methods of evaluation for first semester students
 - a. Beginning level skills test
 - b. Written assignments on basic rules, safety, and etiquette of game
 - c. Written final exam
 - 2. Methods of evaluation for second semester students
 - a. Low intermediate level skills test
 - b. Written assignments on basic strategy and cardiovascular fitness
 - c. Written final exam
 - 3. Methods of evaluation for third semester students
 - a. High intermediate level skills test
 - b. Written assignments on intermediate strategy and cardiovascular fitness
 - c. Written final exam
 - 4. Methods of evaluation for fourth semester students
 - a. Advanced level skills test
 - b. Written assignments on advanced strategy and cardiovascular fitness
 - c. Written final exam
- B. Frequency of Evaluation:
- 1. Skills testing and written assignments every three-four weeks
 - 2. Final exam at end of semester
- C. Typical exam questions:
- 1. Diagram a racquetball court and label the lines and areas of the court
 - 2. Explain strategic differences between the singles and doubles play

VIII. TYPICAL TEXT(S):

San Bernardino Valley College
Curriculum Approved: September 13, 2004

Dinnuci, Jim and Shows, David, Racquetball Basics: Skill Development and Evaluation, Burgess Intl. Group, 1999.
Turner, Ed, Winning Racquetball: Skills, Drills, and Strategies, Human Kinetics, 1995.

IX. OTHER SUPPLIES REQUIRED OF STUDENTS: workout clothing – shirt and shorts, tights or sweatpants, athletic shoes, and towel