

Course: PE 29

Also Listed As:

Term Effective: 199650, INACTIVE COURSE

Short Title: RACQUETBALL

Full Title: Racquetball

<u>Contact Hours/Week</u>	<u>Units</u>	<u>Number of Weeks</u>	<u>Total Contact Hours</u>
Lecture: 0	.5 OR 1	17	Lecture: 0
Lab: 1.5 OR 3			Lab: 25.5 OR 51
Other: 0			Other: 0
Total: 1.5 OR 3			Total: 25.5 OR 51

Credit Status: D - Credit - Degree Applicable

Grading Modes: L - Standard Letter Grade

Repeatability: R 3 times, credit hours

Schedule Types: 04 Laboratory/Studio/Activity

Course Description:

Coeducational activity stressing fundamentals of forehand, backhand, serve and volley, rules and etiquette of the game. May be repeated three times for credit.

## ARTICULATION and CERTIFICATE INFORMATION

Associate Degree:

GAV E1, effective 199650

CSU GE:

CSU E1, effective 199650

IGETC:

CSU TRANSFER:

Transferable CSU, effective 199650

UC TRANSFER:

Transferable UC, effective 199650

PREREQUISITES:

COREQUISITES:

STUDENT LEARNING OUTCOMES:

1. Develop the necessary physical skills and techniques, knowledge of fundamentals, and rules and strategies required in playing the game of racquetball.
2. Establish a physical activity which can be played in later life to satisfy personal, recreational and physical fitness objectives.
3. Learn through participation in the game the importance of cooperation, courtesy, tolerance, fairness, honesty, emotional control and the need for abiding by rules.
4. Gain an enjoyment of the sport of racquetball and an appreciation of the sport as a spectator.

COURSE OBJECTIVES:

1. Use regular scoring in game play.
2. Distinguish between a game, set, and match.
3. Perform the skills--forehand, backhand, serve and volley in game play, class drills and on skill tests.
4. Demonstrate doubles positioning through game play.

TOPICS AND SCOPE:

Inactive Date: 05/11/2009

Inactive Term: Fall 2009

1 3 1. Class organization and orientation

2. Selection and care of equipment

3. Discussion of the rules of etiquette.

Encourage students to practice them.

4. Introduce parts of the racket, the ball, the court and the proper clothing.

2 3 1. Review 4 above.

2. Introduce and demonstrate forehand stroke, grip and stance.

3. Practice forehand stroke without ball, drop ball and hit it against the wall.

3 3 1. Review grip, stance of forehand stroke.

2. Introduce and demonstrate the backhand stroke, grip and stance.

3. Practice backhand stroke without the ball, drop ball and hit it against the wall.

4 3 1. Review and continue to practice forehand and backhand strokes.

2. Introduce ready and court position.
  3. Introduce forehand and backhand ceiling shots.
- 5 3 1. Demonstrate and practice the front wall serve.
2. Demonstrate and practice the serve using front, side and ceiling serve.
  3. Discuss the importance of the different serves.
- 6 3 1. Incorporate practice of the different serves with forehand and backhand strokes.
2. Discuss singles play and position.
  3. Discuss the scoring system.
- 7 3 1. Continue to practice serves, forehand strokes in game-like conditions.
2. Introduce and practice the volley.
- 8-17 30 1. Explain playing strategy for the doubles game.
- a. service return position
  - b. playing to opponent's weakness
  - c. kill shots
  - d. utilization of the total court
2. Explain playing strategy for the doubles game.
- a. position for receiving team.
  - b. position for serving team.
  - c. importance of playing fore court
3. Evaluation of skills by skill tests.
  4. Written quiz on regular scoring.
  5. Play matches
    - a. singles
    - b. doubles
    - c. ladder
1. singles
  2. doubles
- 18 3 1. Written final

**METHODS OF INSTRUCTION:**

Evaluation by skill testing and written examinations covering rules, courtesy, scoring and technique. Attendance.

**METHODS OF EVALUATION:**

**REPRESENTATIVE TEXTBOOKS:**

**SUPPLEMENTAL DATA:**

Basic Skills: N

Classification: A

Noncredit Category: Y

Cooperative Education:

Program Status: 1 Program Applicable

Special Class Status: N

CAN:

CAN Sequence:

CSU Crosswalk Course Department: PE

CSU Crosswalk Course Number: 29

Prior to College Level: Y  
Non Credit Enhanced Funding: N  
Funding Agency Code: Y  
In-Service: N  
Occupational Course: E  
Maximum Hours:  
Minimum Hours:  
Course Control Number: CCC000456146  
Sports/Physical Education Course: Y  
Taxonomy of Program: 083500