I. Description of Course:

1. Department/Course: PE - 361B2
2. Title: Intermediate Racquetball
3. Cross Reference:
4. Units: 0.5
   Lec Hrs: 
   Lab Hrs: 2
5. Repeatability: Yes Times: 3
6. Grade Options: Grade Only (GR)
7. Degree/Applicability: Credit, Degree Applicable, Transferable - CSU (T)
8. General Education: District General Education (Plan A)
   V-A. Physical Education
9. Field Trips: Not Required
10. Requisites: Advisory
   Medical check with the last year
12. Catalog Description: This PE course is designed to further instruct the student on the intermediate skills and strategies needed at the intermediate level of racquetball.
13. Class Schedule Description: An activity course designed to teach the advanced skills, strategies, and rules of racquetball.
14. Counselor Information: This is a PE course designed to further meet the needs of the higher skilled player. This course can be used toward fulfillment of the physical education requirement for the Associate degree.

II. Student Learning Outcomes
The student will:
1. Demonstrate the skills needed when playing the game of racquetball at the intermediate level.
2. Demonstrate the offensive and defensive strategies of racquetball during activity testing.
3. Identify the rules of racquetball with a 75% success ratio on an all rules test.

III. Course Outline:
A. Etiquette & Safety
B. Center Court Strategy
   1. positioning of opponent
   2. hinderers
   3. correct shot use
   4. body movement while anticipating the ball
C. Review/Further Development of Basic Stroke
   1. forehand
   2. backhand
   3. shoulder positioning and body movement
4. arm for roll-outs

D. Review, Return, Placement of Angle Shot
   1. perpetual motion
   2. front, back, side, and combination shots
   3. hard hits coming off back wall

E. Review and Further Development of the Serve and Serve Strategy
   1. drive and lob
   2. "2" serve
      a. hard drive
      b. lob

F. Service Return
   1. "Z" ball
      a. when to cut it off
      b. when to play it out

G. Strategy and Placement of New Racquetball Shots
   1. "volleys" with open stance
   2. soft "punch"
   3. "Z"
   4. around the wall
   5. ceiling shots
   6. overhead
   7. "splat" shot
   8. body positioning for correct shot
   9. kill shot -- arm lower
   10. pass shots -- arm lower

H. Double Play and Cutthroat
I. Rules (throughout the course)
J. Match Play Tactics
K. Tournament Play

IV. **Course Assignments:**
   A. Reading Assignments
      1. none
   B. Projects, Activities, and other Assignments
      1. Primarily skill demonstration
   C. Writing Assignments

V. **Methods of Evaluation/Assessment:**
   A. Class performance(s)
   B. Field work
   C. Performance Exams
   D. Tournaments

VI. **Methods of Instruction:**
   A. Laboratory
   B. Demonstration

VII. **Textbooks:**
Required

Optional

VIII. Supplies:
   A. Eye guards
   B. Racquet
   C. Racquetballs

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