

**PALOMAR COLLEGE**  
**COURSE OUTLINE OF RECORD FOR**  
**DEGREE CREDIT COURSE**

X Transfer Course    X A.A. Degree applicable course  
(check all that apply)

**COURSE NUMBER AND TITLE:** PE 160 Beginning Racquetball

**UNIT VALUE:** 1, 1.5

**MINIMUM NUMBER OF SEMESTER HOURS:** 32, 48

**BASIC SKILLS REQUIREMENTS:** Appropriate language skills

**ENTRANCE REQUIREMENTS:** None

**PREREQUISITE:** None

**COREQUISITE:** None

**RECOMMENDED PREPARATION:** None

**SCOPE OF COURSE:**

Racquetball fundamentals including terminology, etiquette, safety, rules, grip, court position, backhand, forehand, drive serve, and lob serve will be demonstrated and practiced.

**SPECIFIC COURSE OBJECTIVES:**

Successful students will:

1. identify fundamentals of beginning racquetball including grips, strokes, footwork, serving, rules and regulations, and match play.
2. identify and utilize safety procedures and etiquette.
3. apply shot selection and general playing tactics during matches.
4. explain rules and terminology while participating in match play.
5. analyze offensive and defensive opportunities.
6. apply game principles while competing in tournament play.
7. apply principles of officiating during tournament play.

## **CONTENT IN TERMS OF SPECIFIC BODY OF KNOWLEDGE:**

- I. Introduction
  - A. History
  - B. Equipment
    - 1. Lensed eye guards
    - 2. Safety thong on racquet
  - C. Terminology
  - D. Rules
  - E. SAFETY (knocking at door of court before entering)
  - F. Grading
  - G. Warm-up, stretching and conditioning
  - H. The game
  - I. Etiquette
  
- II. Fundamentals
  - A. Grips
  - B. Strokes
    - 1. Forehand
    - 2. Backhand
  - C. Footwork
    - 1. Open stance
    - 2. Closed stance
  - D. Center court control
  - E. Watch the ball
  
- III. Review of Serves and Incumbent Strategy
  - A. Serving to opponent forehand
  - B. Making receiver move
  - C. Serving to score
  - D. Serving for weak returns
  - E. Watching the serve
  - F. Center court control on return of serve
  - G. No double faulting
  
- IV. Serve return
  - A. Offensive returns
  - B. Defensive returns
  - C. Shot selection related to percentage considerations
  - D. Game score in relation to selection of serve return and rally
  
- V. Offensive shot selection
  - A. Kill
    - 1. Straight
    - 2. Sidewall-front wall (pinch)
    - 3. Front wall-sidewall
  - B. Pass
    - 1. Down-the-line
    - 2. Cross-court
    - 3. "V"

- VI. Defensive shot selection
  - A. Ceiling ball
  - B. Lob
  - C. Z-ball
  - D. Around-the-walls
  
- VII. Playing the rally/general playing tactics
  - A. Center court control
  - B. Watching ball
  - C. Corner shots
  - D. Wallpaper balls
  - E. Fly kills
  - F. Half-volleys
  - G. The factor of patience
  - H. Recognition of momentum
  - I. Time outs
    - 1. How to call them
    - 2. How to use them
  - J. Playing the left handed player (opposite hand)
  
- VIII. Officiating
  - A. Review
  - B. Duties
  - C. Score keeping
  - D. Calling the game
  - E. Practical application
  
- IX. Competitive Tournament Play
  - A. Singles
  - B. Doubles
  - C. Cut-throat
  - D. Round robin

**REQUIRED READING:**

Instructor-generated handouts.

**SUGGESTED READING:**

None.

**REQUIRED WRITING:**

Skills demonstration is more appropriate.

**OUTSIDE ASSIGNMENTS:**

**Students are expected to spend a minimum of three hours per unit per week in class and on outside assignments, prorated for short-term classes.**

Read and study handouts and lecture notes. Practice skills and study for exam.

**INSTRUCTIONAL METHODOLOGY:**

**Check all that apply:**

- lecture
- laboratory
- lecture-laboratory combination
- directed study

**DISTANCE LEARNING:**

**This course may be offered as a distance learning course and meets Title 5 regulations 55370, 55372, 55374, 55376, 55378, and 55380.**

Yes  No

**If yes, check all that apply:**

- Television Course (Video one-way, e.g. ITV, video cassette, etc.)
- Online Course (Text one-way, e.g. newspaper, correspondence, electronic file, etc.)
- Two-Way Video Conferencing (Two-way interactive video and audio)
- One-Way Video Conferencing (One-way interactive video and two-way interactive audio)
- Computer Assisted Instruction (A specialized form of mediated instruction relying primarily on student access to information and prepared lessons or teaching materials through a computer terminal, but not under immediate supervision of a qualified instructor.)

**GRADING POLICY AND STANDARDS** (include methods of determining whether the stated objectives have been met by students):

Participation	70%
Skills demonstration	20%
Exam	10%

**IS COURSE REPEATABLE FOR REASON(S) OTHER THAN DEFICIENT GRADE?**

Yes  No  Number of times course may be taken for credit: 4

If yes, identify specific provision of Title 5 Division 2 section(s), 55761-55763 and 58161 which qualifies course as repeatable: 58161 (c) (2) (A) and (B)

**CONTACT PERSON:** Teri McFarland, Extension 2467

**SIGNATURES ON FILE**