Modesto Junior College
Course Outline of Record
PEC 111

I. OVERVIEW
The following information will appear in the 2010 - 2011 catalog

PEC 111  Beginning Racquetball  1 Unit

Fundamentals of racquetball. Participation at local court. Expenses are the responsibility of the student.

Materials Fee Required

Four Maximum completions.
Field trips are not required. (A-F or P/NP - Student choice) /Lab
Transfer: (CSU, UC) General Education: (MJC-GE: Activities )

II. LEARNING CONTEXT
Given the following learning context, the student who satisfactorily completes this course should be able to achieve the goals specified in Section III, Desired Learning:

A. COURSE CONTENT

1. Required Content:

2. Required Lab Content:

   a. Rules and terminology

   b. Basic skills

      i. forehand

         a. passing shot

         b. ceiling shot

         c. pinch and roll-out kill

      ii. backhand

         a. passing shot

         b. ceiling shot

         c. pinch and roll-out kill

      iii. overhead

         a. passing shot

         b. ceiling shot

         c. pinch kill
iv. serve
   a. drive
   b. lob
   c. Z-serve

c. Strategies
   i. singles play
   ii. three person play
   iii. doubles play

d. Practice

B. HOURS AND UNITS

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C. METHODS OF INSTRUCTION (TYPICAL)

Instructors of the course might conduct the course using the following method:

1. Demonstration/description of skills
2. Group interaction within class among students/instructor
3. Participation within class by the student

D. ASSIGNMENTS (TYPICAL)

1. EVIDENCE OF APPROPRIATE WORKLOAD FOR COURSE UNITS
   Time spent on coursework in addition to hours of instruction (lecture hours)
   Lab only - no outside of class hours required.

2. EVIDENCE OF CRITICAL THINKING
   Assignments require the appropriate level of critical thinking
   a. Evaluate personal capacity to perform.
   c. Develop personal strategies for successful class competition.

E. TEXTS AND OTHER READINGS (TYPICAL)

1. Other: Protective eyewear
III. **DESIRED LEARNING**

A. **COURSE GOAL**
As a result of satisfactory completion of this course, the student should be prepared to:

apply the basic rules in regard to Racquetball play including scoring and serving. Demonstrate and apply proper grip and footwork in effective stroke production.

B. **STUDENT LEARNING GOALS**
Mastery of the following learning goals will enable the student to achieve the overall course goal.

1. **Required Learning Goals**
   Upon satisfactory completion of this course, the student will be able to:
   
   a. Demonstrate proper grip and footwork for effective stroke production.
   
   b. Apply the basic rules of serving and scoring in the game of racquetball.
   
   c. Demonstrate and apply the basic footwork required for racquetball play.
   
   d. Demonstrate improvement in ball contact and stroke production.
   
   e. Demonstrate an effective serve and return of serve for individual level of play.
   
   f. Demonstrate and apply the rules of racquetball.
   
   g. Demonstrate and apply the proper strategy of positioning an opponent.
   
   h. Apply offensive and defensive strategies of the game.

IV. **METHODS OF ASSESSMENT (TYPICAL)**

A. **FORMATIVE ASSESSMENT**
   
   1. Prepared demonstration of skills

B. **SUMMATIVE ASSESSMENT**
   
   1. Prepared demonstration of skills
   
   2. Instructor assessment of skill competency
   
   3. Participation
   
   4. Competition performance
   
   5. Written exam on rules and tactics