

PE G126: PICKLEBALL

Item	Value
Curriculum Committee Approval Date	10/20/2020
Top Code	083500 - Physical Education
Units	1 Total Units
Hours	54 Total Hours (Lab Hours 54)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	No
Open Entry/Open Exit	No
Grading Policy	Standard Letter (S), • Pass/No Pass (B)
California State University General Education Breadth (CSU GE-Breadth)	• CSU E2 Activity Course (E2)

Course Description

This course is designed for students to learn the fundamentals and skills of pickleball, which is a combination of tennis, badminton, and ping pong. This course includes lifelong wellness concepts. Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, PE Activity courses combined: maximum credit, 4 units.

Course Level Student Learning Outcome(s)

1. Course Outcomes
2. Show the basic skill fundamentals needed to perform in a game setting.
3. Demonstrate basic pickleball strategy.
4. Apply knowledge of the etiquette, terminology and safety considerations of pickleball.
5. Exhibit the ability to play under control of emotions and shown respect for partners and opponents of all abilities.

Course Objectives

- 1. Demonstrate the proper use of court layout, rules and scoring of play.
- 2. Demonstrate proper warm-up.
- 3. Demonstrate proper use of paddle, grips and angles.
- 4. Demonstrate proper stance and footwork.
- 5. Demonstrate the different serves and returns.
- 6. Demonstrate the general knowledge of tactics and strategies.
- 7. Demonstrate an ability to setup a game plan.
- 8. Demonstrate positional strategies in doubles play.

Lecture Content

Lab Content

The Mental Side Rules and Equipment The Basic Rules The Lesser-Known Rules Scoring Paddles Balls The Court Clothing and Other Equipment Strategies and Tactics General Tactics and Strategies Make a Game Plan How and When to Make Certain Shots Returning Balls With Spin Position Yourself on the Court Limit Your Faults Target Your Opponents' Weaknesses Keep Your Opponent Guessing Think One Step Ahead Positional Strategies in Doubles Play The Mental Game The Physical Side Preparation for Play Warm-Up Class Responsibilities Respect for Others - competition for the love of playing Grips and Paddle Angles Holding the Paddle The Forehand and Backhand Grip Paddle Angles - Open, Closed and Flat Body Positions and Strokes Ready Positions When to Hit the Ball The Different Serves The Groundstrokes The Volley The Lob The Smash The Drop Shot The Dink Spins Court Positions and Footwork Your Position During a Serve Footwork and Moving Into Position Rush to the Non-Volley Zone Playing Singles and Doubles Playing Singles Playing Doubles Practice and Drills Correcting Part of Your Game Perfecting a Skill Drills Other Types of Game Play Cutthroat, Pool Play, Tournament Play, Ladder Challenge Play Safety, Etiquette, and Ethics Safety on the Court Etiquette on the Court Ethics and Sportsmanship

Method(s) of Instruction

- Lab (04)
- DE Live Online Lab (04S)
- DE Online Lab (04X)

Instructional Techniques

Discussion Demonstration

Reading Assignments

Course Content Related Hand-Outs Course Text

Writing Assignments

Develop an analysis of his/her own skill based on principals taught during class.

Out-of-class Assignments

Demonstration of Critical Thinking

Develop an analysis of his/her own skill based on principals taught during class. Apply strategies learned in the class onto the court. Apply different shot techniques to different situations in a match.

Required Writing, Problem Solving, Skills Demonstration

Develop an analysis of his/her own skill based on principals taught during class. Demonstrate proper alignment and movement on the court. Demonstrate proper shot selection in singles and doubles.

Eligible Disciplines

Physical education: Master's degree in physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education, OR bachelor's degree in any of the above AND master's degree in any life science, dance, physiology, health education, recreation administration, or physical therapy OR the equivalent. Master's degree required.

Textbooks Resources

1. Required Baker J. H., Movessian R.. How To Play Pickleball: The Complete Guide From A to Z, 1st ed. Independently Published, 2018