

PE G128: INTERMEDIATE PICKLEBALL

Item	Value
Curriculum Committee Approval Date	05/06/2025
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)

Course Description

Formerly: PE G127. This course will cover the intermediate aspects of pickleball, which is a combination of tennis, badminton, and ping pong. Emphasis on strategies, strokes, spins, and shot placement. This course is designed for students who possess fundamental pickleball skills. Transfer credit: CSU; 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. Demonstrate mastery of skill and strategy fundamentals at an intermediate level needed to perform in a game setting.
3. Demonstrate application of complex pickleball strategies.
4. Exhibit the ability to play using teamwork and show respect for partners and opponents of all abilities.

Course Objectives

- 1. Exhibit proficiency in proper stance and footwork.
- 2. Perform successful serves and returns.
- 3. Demonstrate offensive and defensive tactics and strategies.

Lecture Content

Lab Content

Intermediate Skills Strokes Forehand and backhand Serving long, short, and with spin Volley Groundstrokes Topspin and slice shots Drop shots Smashes Lobs Dinks Paddle angles Predictive paddle placement Strategy General tactics and strategies Position strategies for singles Position strategies for doubles Offense Defense Footwork Shot placement Net play Angle play Physical Conditioning Warm-up Line drills Hand eye coordination drills Rules, Safety, Etiquette, and Ethics Safety on the court Etiquette on the court Ethics and sportsmanship Etiquette in scoring

Method(s) of Instruction

- Lab (04)

Reading Assignments

Course Content Related Handouts Course Texts

Out-of-class Assignments

Course Content Related Handouts Course Texts Course related videos

Demonstration of Critical Thinking

Develop an analysis of skill mastery based on principals taught during class. Apply strategies learned in the class on the court. Apply intermediate level shot techniques in a match.

Required Writing, Problem Solving, Skills Demonstration

Develop an analysis of skill mastery based on principals taught during class. Apply strategies learned in the class on the court. Apply intermediate level shot techniques in a match.

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