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Semester effective:

Physical Education (PHED) 1601 Beginning Pickleball (1 Units) CSU

Hours and Unit Calculations:

48 lab hours (48 Total Student Learning Hours) 1 Unit

Catalog Description: This course provides an overview of the fundamentals for pickleball. Pickleball is a racquet sport that combines elements of badminton, tennis, and table tennis using solid paddles made of wood or composite materials to hit a perforated polymer ball, similar to a wiffle ball, over a net. Topics will include strokes, serve, shot selection and strategies for doubles and singles play.

Type of Class/Course: Degree Applicable

Additional Required Materials: N/A

Course Objectives:

By the end of the course, a successful student will be able to:

1. Play competitive pickleball and execute fundamental skills at a beginning level.
2. Demonstrate beginning tactics, positioning, and field spacing during competitive play.
3. Apply the rules of play.
4. Identify the mental aspects of beginning pickleball

Course Scope and Content: Laboratory

Unit I Terminology, equipment, and rules of pickleball

- A. Racquets and types of balls
- B. Dimensions – type of play
- C. Etiquette and general play
- D. Rule of the game

Unit II Beginning Techniques and Principles

- A. Basic Skills
Grips, arm and wrist positioning, forehand and backhand strokes and footwork
- B. Stance
- B. Positioning
- C. Strategies
- D. Offensive strategies for singles and doubles
- E. Defensive Strategies for singles and doubles

Unit III Strategies

- A. Offensive strategies for singles and doubles
- B. Defensive Strategies for singles and doubles

Unit IV Mental Aspects of Beginning Pickleball

- A. Mental Health benefits of playing pickleball
- B. Practicing the Mental Side of the game

The students in the class will spend a minimum of 1 hour per week outside of the regular class time doing the following:

- 1. Skill practice
- 2. Analyze beginning pickleball skills and fundamentals

Methods of Instruction

- 1. Verbal instruction
- 2. Demonstrations
- 3. Skill repetition
- 4. Multimedia

Methods of Evaluation

- 1. Skill demonstration
- 2. Team Competitions
- 3. Demonstration of rules and etiquette of pickleball
- 4. Participation and demonstration of game fundamentals
- 5. Sportsmanship during competition

Supplemental Data:

T.O.P. Code:	0835.00 Physical Education
Sam Priority Code:	E: Non-Occupational
Funding Agency:	Y: Not Applicable (funds not used)
Distance Learning:	Not Applicable
Program Status:	Program Applicable
Noncredit Category:	N: Not Applicable, Credit Course

Special Class Status:	N: Course is not a special class
Basic Skills Status:	N: Course is not a basic skills course
Prior to College Level:	N: Not Applicable
Cooperative Work Experience:	N: Is not a part of a cooperative work experience education program
Eligible for Credit by Exam:	No
Eligible for Pass/No Pass:	Yes
Discipline:	Physical Education or Health Ed or Kinesiology