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Semester effective:

Physical Education (PHED) 1611 Intermediate Pickleball (1 Units) CSU

Prerequisite: Successful completion of PHED 1601 with a grade of 'C' or better

Prerequisite knowledge and skills: Before entering the course, the student should 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

Hours and Unit Calculations:

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

Catalog Description: This course expands on the fundamentals for Pickleball. Instruction focuses on strategies of singles and doubles play. Includes serving long and short, forehand smashes, drop shots, angle play and doubles formations.

Type of Class/Course: Degree Applicable

Additional Required Materials: T shirts, shorts, and sneakers are your best bet for added comfort.

Course Objectives:

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

1. Identify the equipment, rules and etiquette of pickleball.
2. Improve basic fundamental skills.
3. Recognize offensive and defensive strategy
4. Utilize proper footwork and racquet grips
5. Demonstrate basic forehand and backhand strokes
6. Increase levels of fitness and hand-eye coordination.
7. Identify modified placement positions.
8. Analyze court awareness with shot selection and placement.

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. Rules of the game

Unit II Intermediate Techniques and Principles

- A. Grips-forehand and backhand
- B. Arm and wrist positioning
- C. Topspin and slice shots
- D. Footwork
- E. Serving with Spins

Unit III Strategy

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

Unit IV Mental Aspects of 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 intermediate 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