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Physical Education (PHED) 2001 Advanced Pickleball (1 Unit) CSU

Prerequisite: Successful completion of Intermediate Pickleball with a grade of “C” or better

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

Hours and Unit Calculations: 48 lab hours (48 Total Student Learning Hours) 1 Unit

Catalog Description: This course teaches advanced fundamentals of the game of Pickleball. Instruction focuses on offensive and defensive strategies of singles and doubles play. Topics will include advanced skills such as long and short serving, 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. Play competitive pickleball and execute fundamental skills at an advanced level.
2. Demonstrate advanced tactics, positioning, and field spacing during competitive play.
3. Use offensive and defensive strategies during competition.
4. Increase levels of fitness and hand-eye coordination.
5. Apply the rules of play.
6. Play pickleball at a 3.0 rated player
7. Identify the mental aspects of advanced competitive pickleball

Student Learning Outcomes:

1. Execute fundamental skills at an advanced level in pickleball.
2. Demonstrate advanced strategies of the game of pickleball.

Course Scope and Content: Laboratory

Unit I Advanced Techniques and Principles

- A. Learn to anticipate opponents' shots
- B. Control and place serve to gain an advantage
- C. Work to move well with a partner
- D. Topspin and slice shots
- E. Serving with Spins

Unit II Strategy

- A. Learn advanced Offensive strategies for singles and doubles and put them into play
- B. Learn advanced Defensive Strategies for singles and doubles and put them into play.

Unit III Mental Aspects of Pickleball

- A. Practicing the Mental side of the game

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:

TOP 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