

Prepared by: K. Bandy
Reviewed by: M. Rossi
Reviewed by: V. Maiocco
Date Prepared: September 17, 2024
C&GE Approval Date: November 15, 2024
Board Approval Date: December 18, 2024
Semester Effective: Fall 2025

Physical Education (PHED) 2011 Elite Pickleball (1 Unit) CSU

Prerequisite: Successful completion of Advanced Pickleball 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 an advanced level.
2. Demonstrate beginning 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. Identify the mental aspects of advanced competitive pickleball

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

Catalog Description: This course teaches the highest level of fundamentals of the game of Pickleball. Instruction focuses on the highest level of offensive and defensive strategies of singles and doubles play. Topics will include elite skills and partner strategies such as partner movement and communication on the court.

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. Improve fundamental skills.
2. Utilize offensive and defensive strategies for single and doubles play.
3. Improved consistency, control and game strategies.
4. Know the difference between power shots and soft shots and know when to use them in competition.
5. Utilize court awareness with shot selection and placement.
6. Be able to play competitive pickleball as a 4.0 rated player.

Student Learning Outcomes:

1. Execute fundamental skills at the highest level in pickleball.
2. Demonstrate elite strategies of the game of pickleball for singles and doubles play.

Course Scope and Content: Laboratory

Unit I Elite Techniques and Principles

- A. Learn to anticipate opponents shots
- B. Control and place serves 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. Utilize the highest level of singles strategies during competition.
- B. Utilize the highest level of doubles strategies such as always moving with your partner called staying tethered to your partner..

Unit III Mental Aspects of Pickleball

- A. Practicing the Mental side of the game during competitions.

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