

Lecture Contact Hours: 16-18; Homework Hours: 32-36;
Laboratory Contact Hours: 16-18; Homework Hours: 0;
Total Student Learning Hours: 64-72

CUYAMACA COLLEGE
COURSE OUTLINE OF RECORD

EXERCISE SCIENCE 061A – BEGINNING PICKLEBALL

1 hour lecture, 1 hour laboratory, 1 unit

Catalog Description

This is a beginning pickleball course where students will develop basic skills to play the game of pickleball. Instruction will focus includes on overhead and underhand groundstrokes, volleys, serves, racket grips, and footwork. Students will learn court markings, rules, and fundamental strategies used in both singles and doubles play. Fundamental principles of physical fitness and their impact on life-long health and wellness will also be taught.

Prerequisite

None

Course Content

- 1) Explaining and practicing the grip, footwork and swing related to the overhand and underhand groundstrokes, volleys and serves.
- 2) Learning basic rules and etiquette for singles and doubles play.
- 3) Recognizing basic patterns of play and strategy situations in singles and doubles within the confines of the rules.
- 4) Developing shot competency.

Course Objectives

Students will be able to:

- 1) Describe the rules of play, codes of behavior, and scoring for pickleball and explain how these apply to singles and doubles games.
- 2) Identify the basic strategies of court coverage for singles and doubles play and utilize these strategies to improve court play.
- 3) Demonstrate individual performance skills for singles and doubles play (including grip, footwork and swing related to the overhand and underhand groundstrokes, volleys and serves).
- 4) Apply the above knowledge and performance-based skills to engage in class competitions and tournaments.
- 5) Assess the relationship between physical fitness and good health and apply the skills gained in class to promote good health and fitness throughout one's lifespan.

Method of Evaluation

A grading system will be established by the instructor and implemented uniformly. Grades will be based on demonstrated proficiency in subject matter determined by multiple measurements for evaluation, one of which must be written exams, skills demonstration.

- 1) Quizzes and exams that measure students' ability to identify, explain, describe and/or provide examples of the rules, ethics, and strategies of play for pickleball and how they apply to both singles and doubles games.
- 2) Objective skills testing that measure students' proficiency and improvement in the following: strategic court coverage, basic footwork, and strokes for serve and play.

- 3) Objective assessment of students' participation and performance in class competitions and tournaments (singles and doubles) based on the following criteria: appropriate use of rules and scoring, sportsmanship and teamwork, and skills development and improvement.
- 4) In-class activities and/or homework assignments that measure students' ability to evaluate the relationship between physical fitness and good health throughout one's lifespan.

Special Materials Required of Student

Court shoes. Appropriate exercise attire.

Minimum Instructional Facilities

- 1) Outdoor or indoor courts with nets
- 2) Pickleball rackets and balls
- 3) White board

Method of Instruction

- 1) Lecture and demonstration
- 2) Lab practice
- 3) Multimedia

Out-of-Class Assignments

- 1) Assigned reading
- 2) Multimedia
- 3) Goals paper
- 4) Analysis of competitive pickleball (as seen live and in available media)

Texts and References

- 1) Required (representative example): Hall, Dennis. *Pickleball Rules and Fundamentals: Learn the Basic to Advance Terminologies, Guidelines and Gameplay Modes to Become a Better Player*. 1st edition. Independently published, 2022.
- 2) Supplemental: As provided by instructor

Exit Skills

Students having successfully completed this course exit with the following skills, competencies and/or knowledge:

- 1) Demonstrate fundamental grips, footwork, and racquet work leading to the development of competency in the overhand and underhand groundstrokes, volleys and serves.
- 2) Demonstrate a basic understanding of the strategy in the game of singles and doubles.
- 3) Demonstrate knowledge of the correct rules of play and scoring.

Student Learning Outcomes

Upon successful completion of this course, students will be able to:

- 1) Demonstrate proper pickleball grip for overhand and underhand groundstrokes, volleys and serves at the beginning level.
- 2) Describe rules of pickleball, including scoring and definition of the court area and court lines.
- 3) Apply strategies of pickleball for singles play and doubles play at the beginning level.