

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 061B – INTERMEDIATE PICKLEBALL

1 hour lecture, 1 hour laboratory, 1 unit

Catalog Description

This is a continuation of ES 061A with an emphasis on instructing the intermediate skills levels of pickleball. Instructional focus includes the overhead, underhand, forehand, and backhand groundstrokes, volleys, drop, cut, and lob serves. Students will learn intermediate strategies and rules used in singles and doubles and cut-throat play. Fundamental principles of physical fitness and their impact on life-long health and wellness will also be taught.

Prerequisite

None

Recommended Preparation

"C" grade or higher or "Pass" in ES 061A or equivalent

Entrance Skills

Without the following skills, competencies and/or knowledge, students entering this course will be highly unlikely to succeed:

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

Course Content

- 1) Explain and practice the grip, footwork and swing to increase pace for overhand, underhand, forehand and backhand groundstrokes, as well as drop, cut and lob.
- 2) Practice match play strategy that provides an advantage for player(s) by playing singles and doubles.
- 3) Review rules for singles and doubles play.

Course Objectives

Students will be able to:

- 1) Describe the rules of play, codes of behavior and general pickleball etiquette practiced at various different levels of the game.
- 2) Demonstrate appropriate court coverage strategies in singles and doubles play in a competitive class tournament setting.
- 3) Demonstrate individual performance skills such as: overhand, underhand, forehand and backhand groundstrokes, as well as drop, cut and lob for singles and doubles play.
- 4) Assess the relationship between physical fitness and good health, and apply the skills gained in class to promote good health and fitness throughout the 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 testing that measures students' skills proficiency and improvement in play.
- 3) Objective assessment of student 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 health throughout the 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) Films
- 4) Videotape analysis

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 pace, control and competency in the overhand, underhand, forehand and backhand groundstrokes, as well as drop, cut and lob.
- 2) Demonstrate the fundamental grips, footwork and swing to increase pace for forehand, backhand, serves and volley.
- 3) Demonstrate strategy involved in singles and doubles match play that provides an advantage for the player(s).

Student Learning Outcomes

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

- 1) Demonstrate individual performance skills such as: overhand, underhand, forehand and backhand groundstrokes, as well as drop, cut and lob for singles and doubles play.
- 2) Describe the rules of play, codes of behavior and general pickleball etiquette practiced at various different levels of the game.
- 3) Apply match play strategy that provides an advantage for player(s) by playing singles and doubles.