

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 061C – ADVANCED PICKLEBALL

1 hour lecture, 1 hour laboratory, 1 unit

Catalog Description

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

Prerequisite

None

Recommended Preparation

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

Entrance Skills

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

- 1) Demonstrate pace, control and competency in the overhead, 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).

Course Content

- 1) Explaining and practicing of the following skills: footwork, grip and swing to attack an opponent(s) for forehand backhand, serves, volley and smash
- 2) Employing a strategy of offensive and defensive tactics in singles and doubles play that creates a disadvantage for an opponent(s)
- 3) Developing concepts of mixed double play

Course Objectives

Students will be able to:

- 1) Describe the rules of play, codes of behavior, and specific pickleball etiquette practiced at high level pickleball competitions.
- 2) Demonstrate appropriate offensive and defensive tactics and strategies of doubles, singles and mixed doubles play that creates a disadvantage for an opponent(s)
- 3) Demonstrate improvement in individual performance skills including fundamental and advanced skills – overhead smash, drop shots, volleys, serves and footwork.
- 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 skills testing that measures students' proficiency and improvement in all fundamental and advanced skills of pickleball as well as offensive and defensive tactics and strategies of doubles, singles and mixed doubles pickleball in a competitive setting.
- 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 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, drills
- 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

Student Learning Outcomes

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

- 1) Demonstrate improvement in individual performance skills including fundamental and advanced skills, advanced skills – forehand, backhand, overhead smash, drop shots, volleys and serves.
- 2) Demonstrate appropriate offensive and defensive tactics and strategies of doubles, singles and mixed doubles play that creates a disadvantage for an opponent(s)