

# PHED 15A: BEGINNING PICKLEBALL

## Foothill College Course Outline of Record

Heading	Value
<b>Units:</b>	1
<b>Hours:</b>	3 laboratory per week (36 total per quarter)
<b>Advisory:</b>	This course is included in the Individual Sports family of activity courses.
<b>Degree &amp; Credit Status:</b>	Degree-Applicable Credit Course
<b>Foothill GE:</b>	Area VII: Lifelong Learning
<b>Transferable:</b>	CSU/UC
<b>Grade Type:</b>	Letter Grade Only
<b>Repeatability:</b>	Not Repeatable

## Student Learning Outcomes

- Demonstrate and explain the basic strategies and rules of Pickle Ball

## Description

Strategy and competition for both singles and doubles pickleball play.

## Course Objectives

The student will be able to:

- identify the equipment, rules and etiquette of pickleball.
- practice basic fundamental skills.
- demonstrate foundations of basic rallying.
- demonstrate foundations of basic footwork and grips.
- demonstrate basic forehand and backhand strokes.

## Course Content

- Terminology, equipment, and rules of pickleball.
  - Racquets and types of balls
  - Dimensions- type of play
  - Etiquette and general play
- Basic skills
  - Grips
  - Arm and wrist positioning
  - Forehand and backhand strokes
  - Footwork

## Lab Content

- Forehand
- Backhand
- Serve
- Return
- Rally
- Spin shots

## Special Facilities and/or Equipment

Badminton or tennis nets, ping pong paddles, whiffle balls.

## Method(s) of Evaluation

- Individual and team competitions
- Sportsmanship
- Critical thinking in competitive game play
- Demonstration of rules and etiquette of pickleball
- Participation and demonstration of game fundamentals

## Method(s) of Instruction

- Explanation
- Demonstration
- Video

## Representative Text(s) and Other Materials

Leach, Gail H. *The Art of Pickle Ball Techniques and Strategies*. 4th ed. Two Cats Press, 2013.

## Types and/or Examples of Required Reading, Writing, and Outside of Class Assignments

Homework based on recommended reading.

## Discipline(s)

Physical Education