

PHED 15A: BEGINNING PICKLEBALL

Foothill College Course Outline of Record

Heading	Value
Effective Term:	Summer 2022
Units:	1
Hours:	3 laboratory per week (36 total per quarter)
Advisory:	This course is included in the Individual Sports family of activity courses.
Degree & Credit Status:	Degree-Applicable Credit Course
Foothill GE:	Area VII: Lifelong Learning
Transferable:	CSU/UC
Grade Type:	Letter Grade Only
Repeatability:	Not Repeatable

Student Learning Outcomes

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

Description

Strategy and competition for both beginning 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.
- When taught as an online distance learning or hybrid section, students and faculty need ongoing and continuous internet and email access.

Method(s) of Evaluation

Methods of Evaluation may include but are not limited to the following:

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

Methods of Instruction may include but are not limited to the following:

Explanation
Demonstration
Video

Representative Text(s) and Other Materials

Baker, Joe, and Richard Movessian. [How to Play Pickleball: The Complete Guide from A to Z: Illustrated Stroke Techniques and Winning Strategies](#). 2018.

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

Homework based on recommended reading.

Discipline(s)

Physical Education