

PHED 15B: INTERMEDIATE 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 (Request for Pass/No Pass)
Repeatability:	Not Repeatable

Student Learning Outcomes

- Perform with increased proficiency the skill sets and techniques of intermediate Pickle Ball
- Demonstrate and explain the intermediate strategies at the Pickle Ball.

Description

Focus on the strategies of singles and doubles play. Includes introduction to serving long and short, forehands smashes, drop shots, angle play, and doubles formations.

Course Objectives

The student will be able to:

1. Identify the equipment, rules and etiquette of pickleball.
2. Improve basic fundamental skills.
3. Recognize offensive and defensive strategy.
4. Utilize proper footwork and racquet grips.
5. Demonstrate basic forehand and backhand strokes.
6. Increase levels of fitness and hand-eye coordination.
7. Identify modified placement positions.
8. Analyze court awareness with shot selection and placement.

Course Content

1. Terminology, equipment, and rules of pickleball
 - a. Racquets and types of balls
 - b. Dimensions—types of play
 - c. Etiquette and general play
2. Intermediate skills
 - a. Grips—forehand and backhand
 - b. Arm and wrist positioning
 - c. Topspin and slice shots
 - d. Footwork
 - e. Serving with spins

3. Strategy
 - a. Singles
 - b. Doubles
 - c. Offensive
 - d. Defensive

Lab Content

1. Forehand
2. Backhand
3. Serving long and short
4. Smashes, forehand and backhand
5. Drop shots
6. Spins
7. Doubles rotation
8. Angle play

Special Facilities and/or Equipment

1. Badminton or tennis nets, ping pong paddles, whiffle balls.
2. 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 participation
 Sportsmanship
 Critical thinking in competitive game play
 Demonstration of rules and etiquette of pickleball
 Participation and demonstration of game fundamentals
 Video analysis

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

Tests and writing exercises based on class material.

Discipline(s)

Physical Education