Course Prefix and Number: PED 195
Credits: 1

Course Title: Topics in Physical Education: Pickleball I

Course Description: Teaches pickleball skills and strategies for team and individual play. Includes terminology, scoring, etiquette, equipment selection, and safety. Part I of II. Laboratory 2 hours per week.

Course Purpose: This course, which serves as a general education wellness elective, is designed to develop skills and to promote an understanding of the strategies and rules of the game.

Course Prerequisites and Co-requisites: None

Course Objectives:
Upon completion of this course the student will be able to:

a. Discuss history and etiquette of the sport of pickleball;
b. Demonstrate knowledge of pickleball terminology;
c. Identify equipment used in pickleball;
d. Demonstrate knowledge of the rules of singles and doubles play;
e. Sportsmanship and safety practices will be implemented;
f. Demonstrate ability to perform pickleball skills of serve, forehand, and backhand;
g. Demonstrate and assess tactical understanding by using appropriate and effective offensive, defensive, and cooperative strategies in singles and doubles play; and
h. Develop and/or identify personal wellness/exercise goals using the SMART planning method and focused on the improvement of Pickleball skills.

Major Topics to Be Included:

a. Equipment
b. Safety
c. Rules and terminology
d. Stance, footwork, grips
e. Forehand, backhand, and overhead strokes
f. Service (drive, lob)
g. Offensive shots (pass, lob, smash, drop shot, “dink”)
h. Defensive shots (poaching, volley, sidelines)
i. Singles and doubles

Effective Date of Course Content Summary: September 2015