



COURSE OUTLINE : PE 256
D Credit – Degree Applicable
COURSE ID 010493
Created: October 2019

COURSE DISCIPLINE : PE
COURSE NUMBER : 256
COURSE TITLE (FULL) : Pickleball I
COURSE TITLE (SHORT) : Pickleball I

CATALOG DESCRIPTION

PE 256 covers the beginning concepts of pickleball. Emphasis is placed on fundamental skills including rules, terminology, and court etiquette. Instruction is given on basic strokes: forehand, backhand, volley and serve.

Total Lecture Units: 0.00

Total Laboratory Units: 1.00

Total Course Units: 1.00

Total Lecture Hours: 0.00

Total Laboratory Hours: 54.00

Total Laboratory Hours To Be Arranged: 0.00

Total Contact Hours: 54.00

Total Out-of-Class Hours: 0.00

Prerequisite: None.



EXIT STANDARDS

- 1 Demonstrate proper grip, mechanics and execution of forehand and backhand groundstrokes;
- 2 demonstrate proper technique for service and return of serve;
- 3 demonstrate proper technique for forehand and backhand volley;
- 4 demonstrate understanding of court areas, rules and scoring;
- 5 describe basic singles and doubles strategy;

STUDENT LEARNING OUTCOMES

- 1 Identify and perform basic pickleball strokes;
- 2 Identify the basic rules, terminology, equipment and etiquette of pickleball;
- 3 Demonstrate and apply safety rules and procedures to effectively participate in a physical movement environment.

COURSE CONTENT WITH INSTRUCTIONAL HOURS

	Description	Lecture	Lab	Total Hours
1	History of Pickleball	0	3	3
2	Forehand Groundstroke <ul style="list-style-type: none"> • Purpose • Grip • Stance and footwork • Swing • Drills 	0	9	9
3	Backhand Groundstroke <ul style="list-style-type: none"> • Purpose • Grip • Stance and footwork • Swing • Drills 	0	8	8
4	Service <ul style="list-style-type: none"> • Serving • Grip • Stance and footwork • Swing • Return of service • Drills 	0	8	8



5	Volley <ul style="list-style-type: none"> • Forehand volley • Backhand volley • Non-volley zone • Drills 	0	2	2
6	Rules, Etiquette, and Strategy of Pickleball <ul style="list-style-type: none"> • Vocabulary • Court • Equipment • Rules and regulations • Scoring • Doubles and singles strategy • Court etiquette 	0	12	12
7	Tournament Play <ul style="list-style-type: none"> • Singles • Doubles • Mixed doubles 	0	12	12
				54

OUT OF CLASS ASSIGNMENTS

- 1 self evaluation (e.g. written evaluation of goal setting and performance in practice and tournaments)
- 2 written analysis (e.g. summary of the physical and emotional benefits of pickleball)

METHODS OF EVALUATION

- 1 practical examination (e.g. skills test)
- 2 written final examination
- 3 participation in class tournament
- 4 participation in local pickleball tournament

METHODS OF INSTRUCTION

- Lecture
- Laboratory
- Studio
- Discussion
- Multimedia
- Tutorial



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- Independent Study
- Collaboratory Learning
- Demonstration
- Field Activities (Trips)
- Guest Speakers
- Presentations

TEXTBOOKS

Title	Type	Publisher	Edition	Medium	Author	ISBN	Date
USAPA & IFP OFFICIAL TOURNAMENT RULEBOOK	Supplemental	https://www.usapa.org/docs/ifp/USAPA-Rulebook.pdf			USA Pickleball Association and International Pickleball Association		2019