



**COURSE OUTLINE : PE 257**  
**D Credit – Degree Applicable**  
**COURSE ID 010494**  
**Created: October 2019**

**COURSE DISCIPLINE :** PE  
**COURSE NUMBER :** 257  
**COURSE TITLE (FULL) :** Pickleball II  
**COURSE TITLE (SHORT) :** Pickleball II

**CATALOG DESCRIPTION**

PE 257 builds on fundamental knowledge of pickleball rules, etiquette, basic skills, strokes, footwork, scoring and strategy. Emphasis is on intermediate skills development including: the dink, dropshot, lob, overhead smash and shot placement.

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: PE 256.



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**ENTRY STANDARDS**

	<b>Subject</b>	<b>Number</b>	<b>Title</b>	<b>Description</b>	<b>Include</b>
1	PE	256	Pickleball I	Demonstrate proper grip, mechanics and execution of forehand and backhand groundstrokes;	Yes
2	PE	256	Pickleball I	demonstrate proper technique for service and return of serve;	Yes
3	PE	256	Pickleball I	demonstrate proper technique for forehand and backhand volley;	Yes
4	PE	256	Pickleball I	demonstrate understanding of court areas, rules and scoring;	Yes
5	PE	256	Pickleball I	describe basic singles and doubles strategy.	Yes

**EXIT STANDARDS**

- 1 Apply proper mechanics of the forehand and backhand groundstrokes, basic service and volley;
- 2 demonstrate the proper techniques of hitting dinks, drop shots, lobs and overhead smashes;
- 3 demonstrate footwork skills through drills and practice;
- 4 apply knowledge of court layout, terminology, rules and etiquette to effectively participate in match and tournament play;
- 5 apply basic singles and doubles strategy to game situations.

**STUDENT LEARNING OUTCOMES**

- 1 Demonstrate and apply safety rules and procedures to effectively participate in a physical movement environment;
- 2 Apply rules, terminology, etiquette, warm-up and cool-down strategies and safely use equipment for pickleball game-play;
- 3 Identify and perform variations of the fundamental strokes of pickleball during game situations.

**COURSE CONTENT WITH INSTRUCTIONAL HOURS**

	<b>Description</b>	<b>Lecture</b>	<b>Lab</b>	<b>Total Hours</b>
1	Review of Fundamental Strokes <ul style="list-style-type: none"> <li>• Forehand</li> <li>• Backhand</li> <li>• Service</li> <li>• Volley</li> </ul>	0	10	10
2	Review of Rules and Strategies <ul style="list-style-type: none"> <li>• Court layout, scoring and rules</li> <li>• Singles strategies</li> <li>• Doubles strategies</li> </ul>	0	8	8



3	<p>Dinks</p> <ul style="list-style-type: none"> <li>• Purpose</li> <li>• Grip</li> <li>• Stance</li> <li>• Footwork</li> <li>• Stroke</li> <li>• Drills</li> </ul>	0	6	6
4	<p>Drop Shots</p> <ul style="list-style-type: none"> <li>• Purpose</li> <li>• Grip</li> <li>• Stance</li> <li>• Footwork</li> <li>• Stroke</li> <li>• Drills</li> </ul>	0	6	6
5	<p>Lobs</p> <ul style="list-style-type: none"> <li>• Purpose</li> <li>• Grip</li> <li>• Stance</li> <li>• Footwork</li> <li>• Stroke</li> <li>• Drills</li> </ul>	0	6	6
6	<p>Overhead Smash</p> <ul style="list-style-type: none"> <li>• Purpose</li> <li>• Grip</li> <li>• Stance</li> <li>• Footwork</li> <li>• Stroke</li> <li>• Drills</li> </ul>	0	6	6
7	<p>Match Play</p> <ul style="list-style-type: none"> <li>• Warm-up strategies</li> <li>• Cool-down strategies</li> <li>• Game situations</li> <li>• Tournament design and play</li> </ul>	0	12	12
				<b>54</b>

**OUT OF CLASS ASSIGNMENTS**

- 1 self evaluation (e.g. written evaluation of goal performance in tournaments and competition)
- 2 written analysis (e.g. summary and examination of rules, terminology, and court etiquette)



**METHODS OF EVALUATION**

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

**METHODS OF INSTRUCTION**

- Lecture
- Laboratory
- Studio
- Discussion
- Multimedia
- Tutorial
- Independent Study
- Collaboratory Learning
- Demonstration
- Field Activities (Trips)
- Guest Speakers
- Presentations

**TEXTBOOKS**

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