



**COURSE OUTLINE : PE 258**  
**D Credit – Degree Applicable**  
**COURSE ID 010495**  
**Created: October 2019**

**COURSE DISCIPLINE :** PE  
**COURSE NUMBER :** 258  
**COURSE TITLE (FULL) :** Pickleball III  
**COURSE TITLE (SHORT) :** Pickleball III

**CATALOG DESCRIPTION**

PE 258 offers instruction and practice in advanced pickleball techniques, strategy and conditioning. Emphasis is on mastering basic and intermediate techniques and integrating them into game strategies and match play.

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 257.



**ENTRY STANDARDS**

	<b>Subject</b>	<b>Number</b>	<b>Title</b>	<b>Description</b>	<b>Include</b>
1	PE	257	Pickleball II	Apply proper mechanics of the forehand and backhand groundstrokes, basic service and volley;	Yes
2	PE	257	Pickleball II	demonstrate the proper techniques of hitting dinks, drop shots, lobs and overhead smashes;	Yes
3	PE	257	Pickleball II	demonstrate footwork skills through drills and practice;	Yes
4	PE	257	Pickleball II	apply knowledge of court layout, terminology, rules and etiquette to effectively participate in match and tournament play;	Yes
5	PE	257	Pickleball II	apply basic singles and doubles strategy to game situations.	Yes

**EXIT STANDARDS**

- 1 Demonstrate mastery of fundamental and intermediate pickleball skills;
- 2 utilize a variety of drills for skill mastery and conditioning;
- 3 apply advanced methods of pickleball skills and game strategy to match play;
- 4 demonstrate ability to evaluate opponents and change game strategy in match play situations.

**STUDENT LEARNING OUTCOMES**

- 1 Demonstrate and apply safety rules and procedures to effectively participate in a physical movement environment;
- 2 Develop and apply advanced strategies of pickleball to practice and game-play;
- 3 Integrate variations of the fundamental strokes of pickleball and apply their proper use 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 and Intermediate Strokes <ul style="list-style-type: none"> <li>• Forehand</li> <li>• Backhand</li> <li>• Service</li> <li>• Volley</li> <li>• Dink</li> <li>• Drop shot</li> <li>• Lob</li> <li>• Overhead smash</li> </ul>	0	12	12



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2	<p>Review of Rules and Strategies</p> <ul style="list-style-type: none"> <li>• Court layout, scoring and rules</li> <li>• Singles strategies</li> <li>• Doubles strategies</li> <li>• Game situations, line-calling and rules interpretation</li> </ul>	0	8	8
3	<p>Advanced Strokes</p> <ul style="list-style-type: none"> <li>• Half-volley</li> <li>• Adding spin to groundstrokes</li> <li>• Strategic placement and accuracy of groundstrokes and volleys</li> <li>• Drills</li> </ul>	0	12	12
4	<p>Advanced Game Strategies</p> <ul style="list-style-type: none"> <li>• Shot selection and variance</li> <li>• Identifying opponent weaknesses</li> <li>• Capitalizing on opponent errors</li> <li>• Minimizing unforced errors</li> <li>• Advanced strategies for singles, doubles and mixed doubles</li> </ul>	0	10	10
5	<p>Match/Tournament Play</p> <ul style="list-style-type: none"> <li>• Review of warm-up and cool-down strategies</li> <li>• Nutrition/hydration issues</li> <li>• Tournament design and administration</li> </ul>	0	6	6
6	<p>Conditioning</p> <ul style="list-style-type: none"> <li>• Identifying requisite skill-related components of fitness</li> <li>• Injury prevention</li> <li>• Drills</li> </ul>	0	6	6
				<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