



El Camino College
 COURSE OUTLINE OF RECORD – Official

Subject:	PE
Course Number:	252A
Descriptive Title:	Beginning Pickleball
Division:	Health Sciences and Athletics
Department:	Kinesiology
Course Disciplines:	Physical Education
Catalog Description:	This course covers the basic concepts of pickleball including stroke techniques, rules of play, etiquette and strategies during single and double play. Pickleball is a sport that has many similarities to tennis, badminton, and table tennis (Ping-Pong). It is played on a level court with short-handled paddles and a perforated hollow plastic ball that is volleyed over a low net. Matches feature two opposing players (singles) or two pairs of players (doubles), and the sport can be played either outdoors or indoors.
Prerequisite:	
Co-requisite:	
Recommended Preparation:	
Enrollment Limitation:	
Hours Lecture (per week):	0
Hours Laboratory (per week):	3
Outside Study Hours:	1
Total Course Hours:	54
Course Units:	1
Grading Method:	Letter Grade only
Credit Status:	Credit, degree applicable
Transfer CSU:	Yes
Effective Date:	Pending Approval
Transfer UC:	Yes
Effective Date:	Pending Approval
General Education ECC:	Area 5 - Health and Physical Education
Term:	Semester
Other:	
CSU GE:	Area E - Lifelong Understanding and Self-Development
Term:	Semester
Other:	
IGETC:	
Term:	
Other:	

<p>Student Learning Outcomes:</p>	<p>SLO #1 Skill Proficiency</p> <p>Perform with increased proficiency the skill sets and techniques of Pickleball.</p> <p>SLO #2 Game Strategy</p> <p>Demonstrate and explain the strategies with offensive play in Pickleball.</p> <p>SLO #3 Forehand and Backhand Strokes</p> <p>Demonstrate the basic forehand and backhand strokes used in Pickleball.</p>
<p>Course Objectives:</p>	<ol style="list-style-type: none"> 1. Identify the equipment, rules, and etiquette of Pickleball. 2. Improve basic fundamental skills. 3. Utilize proper footwork and racket grips. 4. Analyze court awareness with shot selection and placement. 5. Recognize offensive and defensive strategy.
<p>Major Topics:</p>	<ol style="list-style-type: none"> I. Class Orientation (3 hours, lab) <ol style="list-style-type: none"> A. Class regulations B. Court/Game Safety C. Attendance D. Grading E. Syllabus F. SLO's II. Rules of Pickleball (3 hours, lab) <ol style="list-style-type: none"> A. Rules B. Etiquette C. History of the game III. Stance and Grips (3 hours, lab) <ol style="list-style-type: none"> A. Ready stance B. Proper Grip C. Swing Patterns D. Footwork IV. Forehand/Backhand Techniques (5 hours, lab) <ol style="list-style-type: none"> A. Forehand – grip, swing, and footwork B. Backhand – grip, swing, and footwork V. Net Drills (5 hours, lab) <ol style="list-style-type: none"> A. Dinks B. Punch C. Approach shots D. Drives E. Drop shots VI. Volley (4 hours, lab) <ol style="list-style-type: none"> A. No-volley zone B. Forehand C. Backhand VII. Serving (5 hours, lab) <ol style="list-style-type: none"> A. Rules for serving B. Flat serve C. Lob serves D. Spins E. Drop

	<ul style="list-style-type: none"> F. Cut <p>VIII. Practice Drills (6 hours, lab)</p> <ul style="list-style-type: none"> A. Forehand B. Backhand C. Serving D. Footwork transitions for each skill <p>IX. Shots and Tactics at Net (5 hours, lab)</p> <ul style="list-style-type: none"> A. Approach shots B. Dinks C. Volleying at the kitchen D. Kitchen play E. Drop shots F. Using the drive shot G. Smash <p>X. Game Fundamentals (5 hours, lab)</p> <ul style="list-style-type: none"> A. Singles B. Doubles C. Critical thinking in competitive game play D. Offensive Positioning E. Defensive strategies F. Mental aspects of the game <p>XI. Game Situation (4 hours, lab)</p> <ul style="list-style-type: none"> A. Rules B. No-volley/kitchen zones C. Strokes and shots D. Serves E. Strategy F. Singles/doubles <p>XII. Tournament Play (6 hours, lab)</p> <ul style="list-style-type: none"> A. Round robin B. Brackets
Total Lecture Hours:	0
Total Laboratory Hours:	54
Total Hours:	54
Primary Method of Evaluation:	3) Skills demonstration
Typical Assignment Using Primary Method of Evaluation:	During game participation, demonstrate the proper technique and strategy necessary for completing a dink shot.
Critical Thinking Assignment 1:	During game participation, analyze and demonstrate appropriate court positioning and strategies when playing singles or doubles games.
Critical Thinking Assignment 2:	During game participation, demonstrate effective strategies when using the Lob, Drive, or Cut serves during different game situations.
Other Evaluation Methods:	Written Homework
If Other:	Evaluation of a student's critique of a Pickleball article, or observation of a local game for use of correct terminology and knowledge of Pickleball Rules.
Instructional Methods:	Group Activities
If other:	

Work Outside of Class:	Skill practice
If Other:	Rule review, strategies used in the selections of serves, court positions, review physical fitness training drills.
Up-To-Date Representative Textbooks:	Littlewood, Mary. <i>Pickleball Fundamentals</i> . (2015). USA Pickleball Association and Mary Littlewood. (Discipline Standard) ISBN: 978-1-4925-0413-9
Alternative Textbooks:	
Required Supplementary Readings:	
Other Required Materials:	
Requisite	
Category	
Requisite course:	
Requisite and Matching skill(s): Bold the requisite skill. List the corresponding course objective under each skill(s).	
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Requisite Skill and Matching skill(s): Bold the requisite skill. List the corresponding course objective under each skill(s). if applicable	
Enrollment Limitations and Category:	
Enrollment Limitations Impact:	
Course Created by:	Tom Hazell

Date:	01/25/2023
Original Board Approval Date:	