



El Camino College  
COURSE OUTLINE OF RECORD – Official

<b>Subject:</b>	PE
<b>Course Number:</b>	252B
<b>Descriptive Title:</b>	Intermediate Pickleball
<b>Division:</b>	Health Sciences and Athletics
<b>Department:</b>	Kinesiology
<b>Course Disciplines:</b>	Physical Education
<b>Catalog Description:</b>	This course covers the intermediate concepts of pickleball including stroke techniques, rules of play, etiquette and strategies during single and double play. This intermediate course is designed to build upon the beginner's understanding of the game of Pickleball and to improve student's pickleball play within the three pillars of Pickleball: Technical skill, Strategic plan, and Athletic movement. Building on a beginner's ability to play consistently, this intermediate course will add power, spin, placement, positioning, footwork, and a variety of shots and strategies to the student's games.
<b>Prerequisite:</b>	None
<b>Co-requisite:</b>	
<b>Recommended Preparation:</b>	PE 252A - Beginning Pickleball
<b>Enrollment Limitation:</b>	32
<b>Hours Lecture (per week):</b>	0
<b>Hours Laboratory (per week):</b>	3
<b>Outside Study Hours:</b>	1
<b>Total Course Hours:</b>	54
<b>Course Units:</b>	1
<b>Grading Method:</b>	Letter Grade only
<b>Credit Status:</b>	Credit, degree applicable
<b>Transfer CSU:</b>	Yes
<b>Effective Date:</b>	Pending Approval
<b>Transfer UC:</b>	Yes
<b>Effective Date:</b>	Pending Approval
<b>General Education ECC:</b>	Area 5 - Health and Physical Education
<b>Term:</b>	Semester
<b>Other:</b>	
<b>CSU GE:</b>	Area E - Lifelong Understanding and Self-Development
<b>Term:</b>	Semester
<b>Other:</b>	
<b>IGETC:</b>	
<b>Term:</b>	

Other:	
<p><b>Student Learning Outcomes:</b></p>	<p><b>SLO #1 Skill Proficiency</b></p> <p>Perform with increased proficiency the skill sets and techniques of Pickleball.</p> <p><b>SLO #2 Game Strategy</b></p> <p>Demonstrate and explain the strategies with offensive play in Pickleball.</p> <p><b>SLO #3 Forehand and Backhand Strokes</b></p> <p>Demonstrate the basic forehand and backhand strokes used in Pickleball</p>
<p><b>Course Objectives:</b></p>	<ol style="list-style-type: none"> <li>1. Identify the equipment, rules and etiquette of pickleball.</li> <li>2. Improve basic fundamental skills.</li> <li>3. Recognize offensive and defensive strategy.</li> <li>4. Utilize proper footwork and racquet grips.</li> <li>5. Demonstrate basic forehand and backhand strokes.</li> <li>6. Increase levels of fitness and hand-eye coordination.</li> <li>7. Identify modified placement positions.</li> <li>8. Analyze court awareness with shot selection and placement.</li> </ol>
<p><b>Major Topics:</b></p>	<ol style="list-style-type: none"> <li>1.       <ol style="list-style-type: none"> <li>I. <b>Class Orientation (3 hours, lab)</b> <ol style="list-style-type: none"> <li>A. Class regulations</li> <li>B. Court/Game Safety</li> <li>C. Attendance</li> <li>D. Grading</li> <li>E. Syllabus</li> <li>F. SLO's</li> </ol> </li> <li>II. <b>Rules of Pickleball (3 hours, lab)</b> <ol style="list-style-type: none"> <li>A. Rules</li> <li>B. Etiquette</li> <li>C. History of the game</li> </ol> </li> <li>III. <b>Stance and Grips (3 hours, lab)</b> <ol style="list-style-type: none"> <li>A. Ready stance</li> <li>B. Proper Grip</li> <li>C. Swing Patterns</li> <li>D. Footwork</li> </ol> </li> <li>IV. <b>Forehand/Backhand Techniques (5 hours, lab)</b> <ol style="list-style-type: none"> <li>A. Forehand – grip, swing, and footwork</li> <li>B. Backhand – grip, swing, and footwork</li> </ol> </li> <li>V. <b>Net Drills (5 hours, lab)</b> <ol style="list-style-type: none"> <li>A. Dinks</li> <li>B. Punch</li> <li>C. Drive</li> <li>D. Approach shots</li> <li>E. Drop shots               <ol style="list-style-type: none"> <li>1. Third Drop Shot</li> <li>2. Third Shot lob</li> <li>3. Third Shot Drive</li> </ol> </li> </ol> </li> <li>VI. <b>Volley (4 hours, lab)</b> <ol style="list-style-type: none"> <li>A. No-volley zone</li> </ol> </li> </ol> </li> </ol>

- B. Forehand
- C. Backhand
- VII. **Serving (5 hours, lab)**
  - A. Rules for serving
  - B. Flat serve
  - C. Lob serves
  - D. Spins
  - E. Drop
  - F. Cut
- VIII. **Practice Drills (6 hours, lab)**
  - A. Forehand
  - B. Backhand
  - C. Serving
  - D. Footwork transitions for each skill
- IX. **Shots and Tactics at Net (5 hours, lab)**
  - A. Approach shots
  - B. Dinks
  - C. Volleying at the kitchen
    - 1. Overhand Volleys
    - 2. Poaching
    - 3. Mastering the Forehand and Backhand Roll
  - D. Kitchen play
  - E. Drop shots
  - F. Using the drive shot
  - G. Smash
  - H. Strategy
    - 1. Intermediate Receiving Strategy
    - 2. How to Win Dink Battles
    - 3. Succeeding in the Kitchen
- X. **Game Fundamentals (5 hours, lab)**
  - A. Singles
  - B. Doubles
  - C. Critical thinking in competitive game play
  - D. Offensive Positioning
  - E. Defensive strategies
  - F. Mental aspects of the game
- XI. **Game Situation (4 hours, lab)**
  - A. Rules
  - B. No-volley/kitchen zones
  - C. Strokes and shots
  - D. Serves
  - E. Strategy
    - 1. Advanced Serving Tactics
    - 2. Advanced Third Shot Drop Tactics
    - 3. Advanced Third Shot Drive Tactics
  - F. Singles/double
  - G. Advanced Tactics
    - 1. Resetting and No Man's Land
    - 2. The Attacker and Defender Drill
    - 3. The "Ernie" Shot
- XII. **Tournament Play (6 hours, lab)**
  - A. Round robin

	B. Brackets
<b>Total Lecture Hours:</b>	0
<b>Total Laboratory Hours:</b>	54
<b>Total Hours:</b>	54
<b>Primary Method of Evaluation:</b>	3) Skills demonstration
<b>Typical Assignment Using Primary Method of Evaluation:</b>	During game participation, demonstrate the proper technique and strategy necessary for completing a drop serve.
<b>Critical Thinking Assignment 1:</b>	During game participation, analyze and demonstrate appropriate court positioning and strategies when playing mid court.
<b>Critical Thinking Assignment 2:</b>	During game participation, demonstrate effective strategies when using the Forehand or Backhand during different game situations.
<b>Other Evaluation Methods:</b>	Written Homework
<b>If Other:</b>	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.
<b>Instructional Methods:</b>	Group Activities
<b>If other:</b>	
<b>Work Outside of Class:</b>	
<b>If Other:</b>	Rule review, strategies used in the selections of serves, court positions, review physical fitness training drills.
<b>Up-To-Date Representative Texts:</b>	Pickleball Fundamentals / Mary Littlewood Copyright 2015 by USA Pickleball Association and Mary Littlewood (Discipline Standard) ISBN: 978-1-4925-0413-9
<b>Alternative Texts:</b>	None
<b>Required Supplementary Readings:</b>	None
<b>Other Required Materials:</b>	None
<b>Requisite</b>	
<b>Category</b>	
<b>Requisite course:</b>	None
<b>Requisite and Matching skill(s): Bold the requisite skill. List the corresponding course objective under each skill(s).</b>	None
<b>Requisite Skill:</b>	None
<b>Requisite Skill and Matching skill(s): Bold</b>	None

<b>the requisite skill(s). if applicable</b>	
<b>Requisite course:</b>	PE 252A - Beginning Pickleball
<b>Requisite and Matching skill(s): Bold the requisite skill. List the corresponding course objective under each skill(s).</b>	<p><b>Demonstrate rules, etiquette, and basic skills during activity.</b></p> <p>PE 252A - Identify the equipment, rules, and etiquette of Pickleball.</p> <p>PE 252A - Improve basic fundamental skills.</p> <p>PE 252A - Utilize proper footwork and racket grips.</p> <p>PE 252A - Analyze court awareness with shot selection and placement.</p>
<b>Requisite Skill:</b>	
<b>Requisite Skill and Matching skill(s): Bold the requisite skill. List the corresponding course objective under each skill(s). if applicable</b>	
<b>Enrollment Limitations and Category:</b>	
<b>Enrollment Limitations Impact:</b>	
<b>Course Created by:</b>	Tom Hazell
<b>Date:</b>	10/25/2023
<b>Original Board Approval Date:</b>	03/21/2024
<b>Effective Term:</b>	FALL 2024