GROSSMONT COLLEGE

COURSE OUTLINE OF RECORD

Curriculum Committee Approval: 02/22/2022

GCCCD Governing Board Approval: 03/08/2022

EXERCISE SCIENCE 061A – BEGINNING PICKLEBALL

1. Course Number Course Title Semester Units

ES 061A Beginning Pickleball 1

Semester Hours

1 hour lecture:  16-18 hours 32-36 outside-of-class hours

1 hour laboratory: 16-18 hours  64-72 total hours

2. Course Prerequisites

None

Corequisite

None

Recommended Preparation

None

3. Catalog Description

This is a beginning pickleball course in which students will develop the basic skills to play the game of pickleball. Instructional focus includes the overhead and underhand groundstrokes, volleys, serves, racket grips, and footwork. Students will learn court diagram and markings, and fundamental strategies and rules used in both singles and doubles play. Fundamental principles of physical fitness and their impact on life-long health and wellness will also be taught.

4. Course Objectives

The student will:

1. Compare, contrast, and apply beginning pickleball skills (i.e., footwork, grips, overhand and underhand strokes, follow-through, volleys, racket grip, serves, and footwork).
2. Identify and apply court markings and related rules.
3. Develop and employ appropriate tactics and strategies of an opponent's (singles and doubles play).
4. Describe and demonstrate beginning pickleball scoring, rules, and etiquette.

e. Identify and interpret the Core Curriculum concepts that lead to an active and healthy lifestyle.

1. Discuss physical literacy and identify personal habits that prevent disease and promote health.

5. Instructional Facilities

a. Outdoor courts with nets.

b. Pickleball rackets and balls.

**c.** White board.

6. Special Materials Required of Student

a. Court shoes.

b. Appropriate exercise attire.

7. Course Content

1. Strokes in both overhand and underhand groundstrokes.
2. Fundamental’s skills of volleys, serves, and footwork.
3. Racket positing and grips
4. Court diagrams and markings

e. Scoring and rules of play.

f. Strategies and concepts of pickleball.

g. Game play single and doubles

h. Round robin and/or ladder tournament play.

i. Parameters of physical fitness as well as healthy lifestyle choices and their implications to life-long health and well-being.

8. Method of Instruction

* 1. Group and individual lecture

1. Visual and online instructional materials (DVD, video, fitness apps and software, and Canvas)
2. Student demonstration and performance
3. Instructor-led demonstration and activities
4. One-on-one instruction and consultation
5. Physiological assessments and monitoring

9. Methods of Evaluating Student Performance

a. Daily observation of skill acquisition.

b. Practical testing on various pickleball techniques.

c. Written final exam (knowledge and Core Curriculum Concepts)

d. Evaluation of outside class assignments utilizing Core Curriculum Booklet assignments (i.e., Components of Physical Fitness and Healthy lifestyles).

e. Pre and post fitness assessment~~s~~

1. Flexibility (i.e., back saver sits and reach)
2. Body Composition (i.e., bioelectrical impedance, skinfold calipers, girth measurements)
3. Health Measurements (i.e., resting heart rate, resting blood pressure, height/weight)

10. Outside Class Assignments

1. Perform at least one additional day of prescribed exercises to meet minimum frequency standards needed to improve muscle strength, muscle endurance, cardiorespiratory endurance, and flexibility.
2. Weekly assignments (i.e., reading, discussion forum on class concepts, video analysis, self-reflection)
3. Assignments based on course text (i.e., healthy eating, risk of heart disease)

11. Representative Texts

a. Representative Text(s):

Exercise Science and Wellness Department. *The Way to a Long and Healthy Life*. El Cajon, CA: Grossmont College, 6th Edition, 2017.

b. Supplementary texts and workbooks:

None

Addendum: Student Learning Outcomes

Upon completion of this course, our students will be able to do the following:

* 1. Demonstrate knowledge, skills, and appreciation of pickleball at the beginning level.
  2. Identify the basic principles for maintaining an active and healthy life.