GROSSMONT COLLEGE

COURSE OUTLINE OF RECORD

Curriculum Committee Approval: 02/22/2022

GCCCD Governing Board Approval: 03/08/2022

EXERCISE SCIENCE 061C – ADVANCED PICKLEBALL

1. Course Number Course Title Semester Units

ES 061C Advanced 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

A “C” grade or higher or “Pass” in ES 061B or equivalent or specified skill competencies.

3. Catalog Description

This is a continuation of ES 061B with an emphasis on instructing the advanced skills levels of pickleball.Instructional focus includes the overhead, underhand, forehand, and backhand groundstrokes, volleys, drop, cut, lob serves, and overhand smash and drop shots. Students will learn advanced strategies and rules used in singles and doubles and cut-throat 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. Incorporate advanced pickleball skills (i.e., overhand, underhand, forehand, and backhand groundstrokes, as well as drop, cut, lob serves, and overhand smash and drop shots).

b. Demonstrate and apply appropriate tactics and strategies of an opponent's (singles, doubles, and cut-throat play).

c. Employ intermediate pickleball scoring, rules, and etiquette.

d. Discuss and apply principles of physical fitness as well as healthy life-style choices and evaluate their impact on an individual's health and well-being

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 that incorporate overhand, underhand, forehand, and backhand groundstrokes.
2. Overhand smash and drop shots
3. Advanced skills of volleys, serves, and footwork.

d. Strategies and concepts of pickleball.

e. Game play single, doubles, and cut-throat.

f. Round robin and/or ladder tournament play.

g. 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 Performances.

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, 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 advanced level.
  2. Identify the basic principles for maintaining an active and healthy life.