

HHPA 145 : PICKLEBALL I

Transcript title

Pickleball I

Credits

1

Grading mode

Standard letter grades

Total contact hours

30

Other hours

30

Course Description

Focuses on skill development for beginning pickleball players. Students will learn through various drills and court games. Repeatable for credit.

Course learning outcomes

1. Explain the relationship between human behavior and health.
2. Engage regularly in skill development, safety practices, and fundamentals of pickleball to develop overall physical fitness and enhance sport activities.
3. Describe the fundamental concepts of pickleball: rules, the court, equipment needed, scoring and tennis etiquette.
4. Summarize the basic skills of singles and doubles pickleball play.

Content outline

1. Intro to Pickelball I
2. Grips/Rally drills
3. Serves/Placement of return of serves
4. Round Robin Play w/ strategy
5. Volley Drills
6. Poaching drills
7. Lob and Overhead Drills
8. Down the Line/Cross court drills
9. Skills Testing
10. Tournaments

Required materials

Appropriate equipment will be highlighted and discussed in the first class. Equipment must be provided by the student.

General education/Related instruction lists

- Health