

HHPA 151 : PICKLEBALL II

Transcript title

Pickleball II

Credits

1

Grading mode

Standard letter grades

Total contact hours

30

Other hours

30

Course Description

Challenges students with a basic knowledge of pickleball to improve their skills and understanding of the game. Focuses on refining shot techniques, learning more advanced strategies, and improving overall court awareness. Coaches shot accuracy and power. Applies complex tactics for singles and doubles. Helps students enhance competitive edge and prepares them for more advanced play. Repeatable for credit.

Course learning outcomes

1. Explain the relationship between human behavior and health.
2. Demonstrate proficiency in advanced skill development, including safety practices, strategy implementation, and complex gameplay to enhance overall physical fitness and performance further.
3. Compare and contrast the advanced concepts of pickleball, such as spin, shot selection, and court positioning, while adhering to rules, etiquette, and proper scoring.
4. Execute refined singles and doubles strategies, demonstrating a deeper understanding of positioning, teamwork, and tactical play.

Content outline

1. Review of fundamentals and introduction to advanced play.
2. Focus on advanced shot techniques and placement.
3. Develop singles strategies and positioning.
4. Work on doubles strategies and teamwork.
5. Serve and return of serve strategies and drills.
6. Defensive techniques and court coverage.
7. Offensive strategies and point construction.
8. Prepare for tournament-style gameplay.
9. Round-robin tournament play and peer feedback.
10. Final matches, skill evaluation, and course reflection.

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