

Course Outline for: EXSC 1140 Pickleball**A. Course Description:**

1. Number of credits: 1
2. Lecture hours per week: 1
3. Prerequisites: None
4. Corequisites: None
5. MnTC Goals: None

This is a beginning pickleball course in which students will develop basic knowledge and skills to play the sport of pickleball. Technical skills include forehand and backhand groundstrokes, volleys, serves, lobs, overheads, dinks, and proper footwork. Students will also learn the fundamental rules, basic strategies, and court positioning for singles and doubles play.

B. Date last reviewed/updated: March 2023**C. Outline of Major Content Areas:**

1. Identify the equipment, rules and etiquette of pickleball.
2. Improve basic fundamental skills.
3. Recognize offensive and defensive strategy.
4. Utilize proper footwork and racquet grips.
5. Demonstrate basic forehand and backhand strokes.
6. Analyze court awareness with shot selection and placement

D. Course Learning Outcomes:

Upon successful completion of this course, the student will be able to:

1. Demonstrate how the fundamentals of health-related fitness apply to the sport of pickleball.
2. Demonstrate the basic skills of forehand and backhand groundstrokes, serves, dinks, overhead and volley shots used in the sport of pickleball.
3. Apply the basic playing strategies in singles and doubles formats in the sport of pickleball
4. Demonstrate knowledge of the history and rules of pickleball

E. Methods for Assessing Student Learning:

Assessment may include one or more of the following:

1. Participation in singles and doubles game play.
2. Written examinations will be given to measure students' understanding of pickleball rules, etiquette and play strategy.
3. Practical skills assessment of serves and ground strokes.

F. Special Information:

None