



## Syllabus

### HPE 104 Pickleball

#### General Information

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**Date** November 14th, 2023

**Author** Eric Marsh

**Department** Health Science and Human Performance

**Course Prefix** HPE

**Course Number** 104

**Course Title** Pickleball

#### Course Information

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**Catalog Description** 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.

**Credit Hours** 1

**Lecture Contact Hours** 1

**Lab Contact Hours** 1

**Other Contact Hours** 0

**Grading Scheme** Letter

#### Prerequisites

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None

#### Co-requisites

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None

#### First Year Experience/Capstone Designation

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**This course DOES NOT satisfy the outcomes applicable for status as a FYE or Capstone.**

# SUNY General Education

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**This course is designated as satisfying a requirement in the following SUNY Gen Ed categories**

None

## FLCC Values

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### **Institutional Learning Outcomes Addressed by the Course**

Vitality, Perseverance, and Interconnectedness

## Course Learning Outcomes

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### **Course Learning Outcomes**

1. 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.

## Outline of Topics Covered

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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