

**PHYSICALLY ACTIVE LIVING SKILLS (PALS)
COASTAL CAROLINA UNIVERSITY
COURSE SYLLABUS
Fall I
PALS 146: Pickleball**

Instructor of Record:

Email:

Office Location:

Office Hours:

Phone:

Intended Audience: General student population and PETE majors

Prerequisite(s): None

Catalog Description: Designed to teach fundamental skills for game performance, history, rules and game strategy.

Credits Awarded: One (1) credit hour.

Course Objectives:

- To understand the importance of lifetime activity
- To appreciate physical activity and its influence on the affective domain
- To understand why people are motivated to play pickleball
- To understand how to engage in physical activity with others including the concept of respect and communication

Student Learning Outcomes:

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

- Competently demonstrate various pickleball skills during practice and game play
- Obtain and understand basic pickleball rules in order to play competently at the recreation level
- Achieve and maintain a health enhancing level of physical fitness
- Demonstrate basic pickleball strategies during game play
- Work well together with other students, regardless of skill level, during practice and game play

Course Readings/Websites/Smart Phone Applications:

Moodle

YouTube

Course Outline

- Groundstrokes
- Drop shots
- Serving
- Dinking
- Lob/Overhead shots
- Offensive and defensive tactics
- Basic rules/strategies

Instructional Methodologies:

- 1. Lecture and/or Direct Skill Instruction 25%
- 2. Practice and Activity Time 55%
- 3. Assessments/Direct Feedback 20%

Assessment Category:

- 1. Knowledge of concepts 30%
- 2. Acquisition of basic skills 40%
- 3. Active and successful participation 30%

Course Requirements for Grading:

- 1. 20 points **Skills testing**
- 2. 20 points **Video analysis**
- 3. 20 points **Peer reflection**
- 4. 20 points **Active participation**
- 5. 20 points **Final Exam**

Total: 100 points

Grading Scale

A	=	100% - 90%
B+	=	89% - 87%
B	=	86% - 80%
C+	=	79% - 77%
C	=	76% - 70%
D+	=	69% - 67%
D	=	66% - 60%
F	=	below 60%

Attendance Policy for Physically Active Living (PALS) Courses:

Since the course is by definition experiential and based on active student participation, the following attendance policy applies to all PALS courses. Students with excessive absences (excused or unexcused) may either fail the course or receive an Incomplete grade.

A. Class two days per week (14 class sessions)

Unexcused Absences	Adjustment
0-1	no change to grade
2	- ½ letter grade
3	- 1 letter grade
4	- 2 letter grades
5 Unexcused absences	course failure

Excused Absences and Make-Ups:

Excused absences can be made up at the discretion of the instructor. Make-ups are substantial experiences that occur outside of class time but clearly align with course objectives/learning outcomes (as determined by the instructor). For excused absences, a maximum of three (3) make-ups are allowed to be made up. Excess excused absences may result in a grade of Incomplete.

Unexcused Absences and Make Ups:

Unexcused absences can be made up at the discretion of the instructor. Make-ups are substantial experiences that occur outside of class time but clearly align with course objectives/learning outcomes (as determined by the instructor). For unexcused absences, a maximum of two (2) make-ups are allowed to count toward the attendance policy.

Late Enrollment:

No students are allowed to enroll in PALS classes after the first three (3) class days of classes that meet two times per week OR after the first five (5) days of classes of classes that meet three times per week. For late enrollees, the attendance policy applies and early absences **may not be made up**. Students are also responsible for making up any missed material or skills tests at a time deemed appropriate by the instructor.

Late arrivals or early departures:

After ONE grace, each tardy or early departure counts as ½ of an absence.

Non-participation:

Full participation in physical activities is expected. Non-participation is treated as an absence (excused or unexcused) under policies above. Please discuss specific situations with the instructor. In many cases, if the student can not physically participate, he or she should drop the course.

Deadline for dropping with grade of W:

See academic schedule and instructor.

Dress Policy for Physically Active Living (PALS) Courses:

All students must attend each class dressed appropriately for the activity. Appropriate attire for this physical activity is defined as: **Any clothing in which you feel comfortable in so you can move freely while being safe. Please note SWEATING will occur so clothing such as: t-shirt, tennis shoes, athletic shorts and athletic socks are highly recommended.**

Students who are not dressed appropriately (e.g. jeans, dress shoes, etc.) for the activity are subject to penalties for a) non-participation (attendance policy); or b) less successful participation (assessment category).

Weather policy: Please note that every effort will be made by the instructor to let you know what our plans will be if weather is an issue. Please consult with Moodle and /or @ccumeyler via Twitter.

Academic integrity: Coastal Carolina University is an academic community that expects the highest standards of honesty, integrity and personal responsibility. Members of this community are accountable for their actions and reporting the inappropriate action of others and are committed to creating an atmosphere of mutual respect and trust.

On my honor, I pledge,

That I will take responsibility for my personal behavior; and

That I will oppose every instance of academic dishonesty as defined in the Code of Student Conduct.

Dates for class	Topics/Activities	Assignments/Notes
8/20	Introduction to the course	
8/25	Basics of pickleball	
8/27	Rules	
9/1	Offensive/defensive strategies	
9/3	Offensive/defensive strategies	
9/8	Serving	
9/10	Dinking	Video analysis
9/15	Groundstrokes/Modified game play	
9/17	Game play	
9/22	Game play	
9/24	Game play	
9/29	Game play	
10/1	Skills testing	Peer reflection
10/6	Final Exam	