

George Mason University
College of Education and Human Development
Physical Activity for Lifetime Wellness

RECR 152 – Pickleball
21 Credit, Spring 2020
M 1:30-2:05pm RAC 1001 A, Fairfax Campus

Faculty

Name: Nancy Jacobson
Office Hours: Before and after class
Office Location: RAC
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Prerequisites/Corequisites

None

University Catalog Course Description

Introduces basic knowledge and skills to play pickleball such as forehand, backhand, groundstrokes, volleys and serves as well as the rules and strategies for singles and doubles play.

Course Overview

Participation is extremely important to the completion of in-class activity. All students will be expected to attend all class sessions, actively participate on the court and in-class discussions and complete any written assignments. Any assignments given must be turned in at the beginning of class on the specified date due or no credit will be given.

Class Policies:

1. Students with injuries or pre-existing [pre-existing] conditions that may affect performance must inform the instructor.

Course Delivery Method

This course is an activity course.

Learner Outcomes or Objectives

This course is designed to enable students to do the following:

1. Explain and demonstrate appropriate pickleball strokes.
2. Explain the scoring and rules of pickleball for single and double play.
3. Utilize appropriate single and double strategies during a game.
4. Discuss how fitness-related aspects of pickleball can be applied to personal lifestyle.

Professional Standards N/A

Required Texts: None

Hand-outs and videos will be posted on Blackboard.

Course Performance Evaluation

Students are expected to submit all assignments on time in the manner outlined by the instructor either in hard copy or electronic copy through Blackboard.

• Skill Assessment(s) and Examinations

○ Skill Assessment—Skill in performing forehands, backhands, volleys, serves and dinks will be assessed during play on court and (if needed) at the end of the course session.

Students will be tasked with demonstrating shots utilizing correct technique. Students will have 10 attempts to deliver the serve, forehand, backhand, and dink. The following will be used to score each type of shot:

8-10 successful completions = 5 points

5-7 successful completions = 4 points

3-4 successful completions = 3 points

0-2 successful completions = 1 point

This assessment will be completed in session 1 and session 13. The points accumulated in session 13 will be factored into the final score.

○ Written Final (50 points)- The examination will cover the rules of the game, definitions, positions, and strategy learned in class. The final will also include questions related to health benefits of pickleball. The test will be composed of true/false question and multiple choice questions. The final will be delivered using Blackboard.

• Other Requirements

○ Attendance/Participation – 5 points will be given each day with a deduction of 1 point for each *five minutes* that a student is late. Students must attend the entire class period and participate in the daily activities to receive full credit for the class. Attendance/Participation score will be the number of points you gained each day. ***Unexcused absences and late arrivals could significantly affect your grade.***

○ The first day of class will count in the evaluation.

○ Participation will be graded on teamwork, sportsmanship, and cooperation toward instructor and classmates. Points will be deducted for poor sportsmanship toward the instructor and fellow classmates.

○ Absences are not excused without a Dr. note. Emailing the instructor does not excuse the student from class.

• Grading

Skill Assessment – 25 points

Written Exam – 50 points

Attendance - 60 points

Total – 135 points

Grading Scale (%):

A	=	94	–	100	B+	=	88	–	89	C+	=	78	–	79	D	=	60	–	69
A-	=	90	–	93	B	=	84	–	87	C	=	74	–	77	F	=	0	–	59
					B-	=	80	–	83	C-	=	70	–	73					

Professional Dispositions

See <https://cehd.gmu.edu/students/polices-procedures/>

Class Schedule

Session	Skill/Activity	Assignment
1	Meet via Blackboard Collaborate to discuss syllabus, policies for the RAC, and the rules	Video: Rules
2	Skills assessment, Rules, Serve, Small Games	Video: How to Play Pickleball Videos on Strokes
3	Forehand, Backhand, Volley, Rules Review, Small Games	Video: Pickleball Strategy 301 Video: The Dink
4	Dink, Rules for Single Play, Play Games	Video: Making Your Shots Unattackable
5	Begin Singles Tournament	Video: Pickleball Strategies
6	Singles Tournament	
7	Singles Tournament	Video: Doubles Pickleball Strategy
8	Rules of Double Play, Double Play Practice	
9	Doubles Tournament	
10	Doubles Tournament	Video: Improve your Shot Accuracy
11	Doubles Tournament	
12	Review Rules, Strategy, Shots	Video: Three Easy Ways to Improve Your Game
13	Written Exam, Skills Assessment, Course Evaluation	
14	Open Play	

Note: Faculty reserves the right to alter the schedule as necessary, with notification to students.

Core Values Commitment

The College of Education and Human Development is committed to collaboration, ethical leadership, innovation, research-based practice, and social justice. Students are expected to adhere to these principles: <http://cehd.gmu.edu/values/>.

GMU Policies and Resources for Students

Policies

- Students must adhere to the guidelines of the Mason Honor Code (see <https://catalog.gmu.edu/policies/honor-code-system/>).
- Students must follow the university policy for Responsible Use of Computing (see <https://universitypolicy.gmu.edu/policies/responsible-use-of-computing/>).
- Students are responsible for the content of university communications sent to their Mason email account and are required to activate their account and check it regularly. All communication from the university, college, school, and program will be sent to students **solely** through their Mason email account.
- Students with disabilities who seek accommodations in a course must be registered with George Mason University Disability Services. Approved accommodations will begin at the time the written letter from Disability Services is received by the instructor (see <https://ds.gmu.edu/>).
- Students must silence all sound emitting devices during class unless otherwise authorized by the instructor.

Campus Resources

- Support for submission of assignments to Tk20 should be directed to tk20help@gmu.edu or <https://cehd.gmu.edu/aero/tk20>. Questions or concerns regarding use of Blackboard should be directed to <https://its.gmu.edu/knowledge-base/blackboard-instructional-technology-support-for-students/>.
- For information on student support resources on campus, see <https://ctfe.gmu.edu/teaching/student-support-resources-on-campus>

Notice of mandatory reporting of sexual assault, interpersonal violence, and stalking:

As a faculty member, I am designated as a “Responsible Employee,” and must report all disclosures of sexual assault, interpersonal violence, and stalking to Mason’s Title IX Coordinator per University Policy 1202. If you wish to speak with someone confidentially, please contact one of Mason’s confidential resources, such as Student Support and Advocacy Center (SSAC) at 703-380-1434 or Counseling and Psychological Services (CAPS) at 703-993-2380. You may also seek assistance from Mason’s Title IX Coordinator by calling 703-993-8730, or emailing titleix@gmu.edu.

For additional information on the College of Education and Human Development, please visit our website <https://cehd.gmu.edu/students/>.