

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

RECR 151 001 – Pickleball

1 Credit, Fall 2021

Tuesdays and Thursdays, 1:30-2:45pm RAC 1001 A, Fairfax Campus

August 24 – October 7

Faculty

Name: Stephen Gallagher
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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

Pickleball is a paddleball sport that combines elements of tennis, badminton, and table tennis. Two or four players use solid paddles made of wood or composite materials to hit a perforated ball over a net.

Safe Return to Campus Policies and COVID-19 Safety Precautions

For guidance on Safe Return to Campus guidelines and requirements, please refer to the following site: https://usapickleball.org/wp-content/uploads/2020/05/COVID-19-RETURN-TO-PLAY_USAPA.pdf

Course Delivery Method

This course is an activity-based 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. Explain how pickleball improves health and helps to maintain an active and healthy lifestyle.

Professional Standards N/A

Required Texts: None

Handouts 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 (e.g., Blackboard, hard copy).

- **Assignments and/or Examinations**

- Skill Assessment (20 Points)

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, with the highest factored into the final grade.

- 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.

- **Other Requirements**

- Attendance/Participation (70 Points)

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.***

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.

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

- 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 note from a health care provider. Emailing the instructor does not excuse the student from class.

- **Grading**

Grading Scale:

A	94 - 100
A-	90 - 93

B+	88 - 89
B	84 - 87

B-	80 - 83
C+	78 - 79

C	74 - 77
C-	70 - 73

D	60 - 69
F	0 - 59

Professional Dispositions

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

Class Schedule

Week	Skill/Activity	Assignments (Reference and Reading Material)
1	Skills assessment, Rules, Serve, Small Games, Health Benefits Forehand, Backhand, Volley, Rules Review, Small Games	Pickleball Rules How to Play Basics Pickleball Rules The Definitive Beginner's Resource to How to Play Pickleball Pickleball Rules The Definitive Beginner's Resource to How to Play Pickleball The Most Complete Pickleball Non Volley Zone Rule Video - Pickleball 411 5 Tips for PERFECT Pickleball Serve Technique Pickleball Sngles-Not Sure How to Play? Start with Skinny Singles Pickleball Rules How to play Pickleball Beginner's Guide
2	Dink, Rules for Single Play, Play Games Singles Play	Pickleball Scoring Basics- Make it Easy with Me, You, Who? 5 awesome shots to add to your pickleball arsenal 5 more AWESOME shots to add to your pickleball arsenal! (Pt. 2) Dinking 101 – Five Steps to a Winning Dink! - Pickleball 411 How To Hit Unattackable Dinks with Dave Weinbach Pickleball The Forehand with Slow Motion - Scott Moore
3	Singles Play	Singles Strategy 5 Key Singles Strategies For Any Level
4	Rules of Double Play, Double Overview	Doubles Strategy Pro Men's Singles Gold Medal Match from the Minto US Open Pickleball Championships 2018 Top 9 Basic Pickleball STRATEGY Mistakes & How To Fix Them

Week	Skill/Activity	Assignments (Reference and Reading Material)
		Coach Simone Forehand Topspin Groundstrokes
5	Doubles Overview Tournament Play	Make Your Shot Unattackable - Pickleball Quick Tip with Dave Weinbach 3rd Shot Success with Dave Weinbach Pickleball
6	Tournament Play	3 Secrets to Improve Your Dinking Strategy with Steve Dawson - Pickleball 411 Doubles Pickleball Strategy 101- How to Play Smart Pickleball, Ten Tips Pickleball Strategy 301 - Six Rules of the Fast Game PRO Men's Doubles GOLD - 2019 Minto US Open Pickleball Championships - aired on CBS Sports Network
7	Review Rules, Strategy, Shots, Health Benefits, Written Exam, Skills Assessment, Course Evaluation, Open Play	Video: Improve your Shot Accuracy

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/> .