

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

Pickleball - Gallagher - RECR 152 - 002 79848 (Fall 2023)

1 Credit, Fall 2023

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

**October 17 – November 30**

**Faculty**

Name: Stephen Gallagher  
Office Hours: By Appointment  
Office Location: Before and after class  
Email Address: sgallag@gmu.edu

**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](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.

- Three Quizzes (60 Points)

There will be three quizzes (each valued at 20 points). Quiz #1 covers rules. Quiz #2 covers grips and shots. Quiz #3 covers strategy and tactics.

- **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. Notes must be submitted immediately upon return to class.

- **Grading**

Grading Scale – Total points possible is 150 points:

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/policies-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	The Rules of Pickleball - EXPLAINED! Pickleball Rules   How to play Pickleball   Beginner's Guide USA Pickleball Rules Summary How to Play Basics How to serve in pickleball - basic to advanced technique! Pickleball Serving: Is It Legal?
2	Dink, Rules for Single Play, Play Games Singles Play	14 Effective Pickleball Shots Basic Goundstrokes Basics – Drop Shots The Forehand with Slow Motion - Scott Moore Dinking 101 – Five Steps to a Winning Dink! - Pickleball 411 Pickleball Singles Scoring
3	Singles Play	5 Key Singles Strategies For Any Level Pro Men's Singles Gold Medal Match from the Minto US Open Pickleball Championships 2018 Singles Strategy
4	Rules of Double Play, Double Overview	Doubles Strategy 100-strategies Pickleball Doubles Scoring/Beginners Guide
5	Doubles Overview Tournament Play	Playing Tips PRO Men's Doubles GOLD - Minto US Open Pickleball Championships 2021
6	Tournament Play	Improve your Shot Accuracy
7	Review Rules, Strategy, Shots, Health Benefits, Written Exam, Skills Assessment, Course Evaluation, 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](mailto: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](mailto:titleix@gmu.edu).

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

Mason students now have FREE access to TimelyCare – a virtual mental health and well-being platform crafted specifically for college students!

With TimelyCare, Mason students will have access to a multitude of virtual mental health and well-being resources that are free and available 24/7. Find out more about the resources available online at [Timelycare.com/gmu](https://timelycare.com/gmu) or [Download the app](#)

