

# Course Syllabus

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**Kinesiology/Point Loma Nazarene**

**Pickleball KIN1022.1**

**1 Unit**

Fall 2022

**Meeting days: Friday**

**Instructor title and name: Ann Davis, M.Ed.**

**Meeting times: 11am - 12:50pm**

**Phone: 619-849-2781**

**Meeting location: Tennis Courts**

**Email: [andavis@pointloma.edu](mailto:andavis@pointloma.edu)**

**Final Exam: As Posted**

**Office location and hours: Kines. Dept. M-F**

**7:30 am - 3:30pm**

## PLNU Mission

### To Teach ~ To Shape ~ To Send

Point Loma Nazarene University exists to provide higher education in a vital Christian community where minds are engaged and challenged, character is modeled and formed, and service is an expression of faith. Being of Wesleyan heritage, we strive to be a learning community where grace is foundational, truth is pursued, and holiness is a way of life.

### Foundational Explorations Mission

PLNU provides a foundational course of study in the liberal arts informed by the life, death, and resurrection of Jesus Christ. In keeping with the Wesleyan tradition, the curriculum equips students with a broad range of knowledge and skills within and across disciplines to enrich major study, lifelong learning, and vocational service as Christ-like participants in the world's diverse societies and culture.



## COURSE DESCRIPTION

This is a beginning pickleball course in which students will develop the basic skills to play the game of pickleball. These will include: safety, etiquette, rules, scoring, forehand and backhand groundstrokes, volleys, serves, lobs, overheads, dink shots, proper footwork, basic strategies and court positioning for singles and doubles play. Basic fitness and training principles will be discussed as applicable to the sport of pickleball.

## FE/COURSE LEARNING OUTCOMES

1. Demonstrate how the fundamentals of health-related fitness apply to the sport of pickleball.
2. Explain how the concepts of health-related fitness apply in the sport of pickleball.
3. Demonstrate the basic skills of forehand and backhand groundstrokes, serves, dinks, overhead and volley shots used in the sport of pickleball.
4. Apply the basic playing strategies in singles and doubles formats in the sport of pickleball.
5. Apply the strategies of pickleball during in-class play.
6. Demonstrate knowledge of the history and rules of pickleball.

**REQUIRED:** Pickleball paddle, appropriate shoes (no black-soled rubber shoes or sandals). We will offer temporary paddles until you are able to secure your own.

## COURSE CREDIT HOUR INFORMATION

In the interest of providing sufficient time to accomplish the stated Course Learning Outcomes, this class meets the PLNU credit hour policy for a 1 unit class delivered over 15 weeks. It is anticipated that students will spend a minimum of 37.5 participation hours per credit hour on their coursework. For this course, students will spend an estimated 37.5 total hours meeting the course learning outcomes. The time estimations are provided in the Canvas modules.

## ASSESSMENT AND GRADING Ⓢ

Grades will be based on the following:

### Sample Standard Grade Scale Based on Percentages

A	B	C	D	F
A 90-100	B 80-89	C 70-79	D 60-69	F Less than 59

## STATE AUTHORIZATION Ⓢ



State authorization is a formal determination by a state that Point Loma Nazarene University is approved to conduct activities regulated by that state. In certain states outside California, Point Loma Nazarene University is not authorized to enroll online (distance education) students. If a student moves to another state after admission to the program and/or enrollment in an online course, continuation within the program and/or course will depend on whether Point Loma Nazarene University is authorized to offer distance education courses in that state. It is the student's responsibility to notify the institution of any change in his or her physical location. Refer to the map on **State Authorization** (<https://www.pointloma.edu/offices/office-institutional-effectiveness-research/disclosures>) to view which states allow online (distance education) outside of California.

## **INCOMPLETES AND LATE ASSIGNMENTS**

All assignments are to be submitted/turned in by the beginning of the class session when they are due—including assignments posted in Canvas. Incompletes will only be assigned in extremely unusual circumstances.

## **PLNU COPYRIGHT POLICY** Ⓢ

Point Loma Nazarene University, as a non-profit educational institution, is entitled by law to use materials protected by the US Copyright Act for classroom education. Any use of those materials outside the class may violate the law.

## **PLNU ACADEMIC HONESTY POLICY** Ⓢ

Students should demonstrate academic honesty by doing original work and by giving appropriate credit to the ideas of others. Academic dishonesty is the act of presenting information, ideas, and/or concepts as one's own when in reality they are the results of another person's creativity and effort. A faculty member who believes a situation involving academic dishonesty has been detected may assign a failing grade for that assignment or examination, or, depending on the seriousness of the offense, for the course. Faculty should follow and students may appeal using the procedure in the university Catalog. See **Academic Policies** ([https://catalog.pointloma.edu/content.php?catoid=52&navoid=2919#Academic\\_Honesty](https://catalog.pointloma.edu/content.php?catoid=52&navoid=2919#Academic_Honesty)) for definitions of kinds of academic dishonesty and for further policy information.

## **PLNU ACADEMIC ACCOMMODATIONS POLICY** Ⓢ

PLNU is committed to providing equal opportunity for participation in all its programs, services, and activities. Students with disabilities may request course-related accommodations by contacting the Educational Access Center (EAC), located in the Bond Academic Center ([EAC@pointloma.edu](mailto:EAC@pointloma.edu) (<mailto:EAC@pointloma.edu>)) or 619-849-2486). Once a student's eligibility for an accommodation has been determined, the EAC will issue an academic accommodation plan ("AP") to all faculty who teach courses in which the student is enrolled each semester.



PLNU highly recommends that students speak with their professors during the first two weeks of each semester/term about the implementation of their AP in that particular course and/or if they do not wish to utilize some or all of the elements of their AP in that course.

Students who need accommodations for a disability should contact the EAC as early as possible (i.e., ideally before the beginning of the semester) to assure appropriate accommodations can be provided. It is the student's responsibility to make the first contact with the EAC.

## **PLNU ATTENDANCE AND PARTICIPATION POLICY**⊕

Regular and punctual attendance at all class sessions is considered essential to optimum academic achievement. If the student is absent for more than 10 percent of class sessions, the faculty member will issue a written warning of de-enrollment. If the absences exceed 20 percent, the student may be de-enrolled without notice until the university drop date or, after that date, receive the appropriate grade for their work and participation.

### **Asynchronous Attendance/Participation Definition**

A day of attendance in asynchronous content is determined as contributing a substantive note, assignment, discussion, or submission by the posted due date. Failure to meet these standards will result in an absence for that day. Instructors will determine how many asynchronous attendance days are required each week.

## **SPIRITUAL CARE**

Please be aware PLNU strives to be a place where you grow as whole persons. To this end, we provide resources for our students to encounter God and grow in their Christian faith.





















If students have questions, a desire to meet with the chaplain or have prayer requests you can contact the [Office of Spiritual Development](#).

## **ASSIGNMENTS AT-A-GLANCE**























*These will be posted in Canvas*













## **Course Summary:**



Date	Details	Due
Sun Jan 14, 2024	 <b><u>Exercise Consent Form</u></b> ( <a href="https://canvas.pointloma.edu/courses/71752/assignments/1008578">https://canvas.pointloma.edu/courses/71752/assignments/1008578</a> ) 	due by 11:59pm
	 <b><u>Cross Court Dink</u></b> ( <a href="https://canvas.pointloma.edu/courses/71752/assignments/996905">https://canvas.pointloma.edu/courses/71752/assignments/996905</a> ) 	
	 <b><u>Defending the hard smash</u></b> ( <a href="https://canvas.pointloma.edu/courses/71752/assignments/996906">https://canvas.pointloma.edu/courses/71752/assignments/996906</a> ) 	
	 <b><u>Developing fast hands for the volley</u></b> ( <a href="https://canvas.pointloma.edu/courses/71752/assignments/996907">https://canvas.pointloma.edu/courses/71752/assignments/996907</a> ) 	
	 <b><u>Fun Video</u></b> ( <a href="https://canvas.pointloma.edu/courses/71752/assignments/996908">https://canvas.pointloma.edu/courses/71752/assignments/996908</a> ) 	
	 <b><u>Getting to the Net</u></b> ( <a href="https://canvas.pointloma.edu/courses/71752/assignments/996909">https://canvas.pointloma.edu/courses/71752/assignments/996909</a> ) 	
	 <b><u>Grip Pressure and Pushing the ball</u></b> ( <a href="https://canvas.pointloma.edu/courses/71752/assignments/996910">https://canvas.pointloma.edu/courses/71752/assignments/996910</a> ) 	
	 <b><u>Hitting a Legal Erne</u></b> ( <a href="https://canvas.pointloma.edu/courses/71752/assignments/996911">https://canvas.pointloma.edu/courses/71752/assignments/996911</a> ) 	
	 <b><u>How to Defend Against Body Shots</u></b> ( <a href="https://canvas.pointloma.edu/courses/71752/assignments/996912">https://canvas.pointloma.edu/courses/71752/assignments/996912</a> ) 	
	 <b><u>How to Hit the Lob</u></b> ( <a href="https://canvas.pointloma.edu/courses/71752/assignments/996913">https://canvas.pointloma.edu/courses/71752/assignments/996913</a> ) 	



Date	Details	Due
	<p> <b><u>Shading and Shifting Your Partner</u></b> (<a href="https://canvas.pointloma.edu/courses/71752/assignments/996914">https://canvas.pointloma.edu/courses/71752/assignments/996914</a>)</p> <p></p>	
	<p> <b><u>Singles Play!</u></b> (<a href="https://canvas.pointloma.edu/courses/71752/assignments/996915">https://canvas.pointloma.edu/courses/71752/assignments/996915</a>)</p> <p></p>	
	<p> <b><u>The "Third" Shot</u></b> (<a href="https://canvas.pointloma.edu/courses/71752/assignments/996916">https://canvas.pointloma.edu/courses/71752/assignments/996916</a>)</p> <p></p>	
	<p> <b><u>The Dink</u></b> (<a href="https://canvas.pointloma.edu/courses/71752/assignments/996917">https://canvas.pointloma.edu/courses/71752/assignments/996917</a>)</p> <p></p>	
	<p> <b><u>The Origins of Pickleball</u></b> (<a href="https://canvas.pointloma.edu/courses/71752/assignments/996918">https://canvas.pointloma.edu/courses/71752/assignments/996918</a>)</p> <p></p>	
	<p> <b><u>The Return of Serve</u></b> (<a href="https://canvas.pointloma.edu/courses/71752/assignments/996919">https://canvas.pointloma.edu/courses/71752/assignments/996919</a>)</p> <p></p>	
	<p> <b><u>The Serve</u></b> (<a href="https://canvas.pointloma.edu/courses/71752/assignments/996920">https://canvas.pointloma.edu/courses/71752/assignments/996920</a>)</p> <p></p>	
	<p> <b><u>The Third Shot</u></b> (<a href="https://canvas.pointloma.edu/courses/71752/assignments/996921">https://canvas.pointloma.edu/courses/71752/assignments/996921</a>)</p> <p></p>	
	<p> <b><u>The Volley</u></b> (<a href="https://canvas.pointloma.edu/courses/71752/assignments/996922">https://canvas.pointloma.edu/courses/71752/assignments/996922</a>)</p> <p></p>	
	<p> <b><u>The Warm-Up</u></b> (<a href="https://canvas.pointloma.edu/courses/71752/assignments/996923">https://canvas.pointloma.edu/courses/71752/assignments/996923</a>)</p> <p></p>	
	<p> <b><u>Transforming Your Game</u></b> (<a href="https://canvas.pointloma.edu/courses/71752/assignments/996924">https://canvas.pointloma.edu/courses/71752/assignments/996924</a>)</p>	

Date	Details	Due
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	 <b><u>Video assignment: Scoring Basics</u></b> ( <a href="https://canvas.pointloma.edu/courses/71752/assignments/996925">https://canvas.pointloma.edu/courses/71752/assignments/996925</a> ) 	
	 <b><u>WEEK 13 Video</u></b> ( <a href="https://canvas.pointloma.edu/courses/71752/assignments/996926">https://canvas.pointloma.edu/courses/71752/assignments/996926</a> ) 	
	 <b><u>WEEK 14 Video</u></b> ( <a href="https://canvas.pointloma.edu/courses/71752/assignments/996927">https://canvas.pointloma.edu/courses/71752/assignments/996927</a> ) 	
	 <b><u>WEEK 15 Video</u></b> ( <a href="https://canvas.pointloma.edu/courses/71752/assignments/996928">https://canvas.pointloma.edu/courses/71752/assignments/996928</a> ) 	
	 <b><u>WEEK 16 Video</u></b> ( <a href="https://canvas.pointloma.edu/courses/71752/assignments/996929">https://canvas.pointloma.edu/courses/71752/assignments/996929</a> ) 	
	 <b><u>Wrap Up Week   Wellness Survey</u></b> ( <a href="https://canvas.pointloma.edu/courses/71752/assignments/996930">https://canvas.pointloma.edu/courses/71752/assignments/996930</a> ) 