



dornsife.usc.edu/phed

PHED 144 | Pickleball

Units: 1

Section: 49993R , 49994R , 49995R , 49996R

Term: Spring 2025 | Tuesday 9:00am - 10:50am , Thursday 9:00pm – 10:50am

Location: PED #210/South Gym (2nd Floor)

Instructor: Josh “Coach” Maya

Office: PED 107

Office Hours: By Appointment

Contact Info: jmaya@usc.edu or (213) 740-2242 Office

Brightspace: brighspace.usc.edu

IT Help: USC Information Technology Services Help

Phone: (213) 740-5555

Contact Info: <https://itservices.usc.edu/contact/>

Physical Education & Mind Body Health (PEMBH)

PEMBH Mission

Physical Education & Mind Body Health (PEMBH) provides a variety of opportunities for students to improve their general health and fitness through fitness related and recreational activities classes. Courses are designed to introduce students to various aspects of health and physical education principles. With this exposure, knowledge, and skill, students are better equipped to make choices regarding a healthy and active lifestyle. All classes stress the importance of exercise and leisure time activity to physical, mental, and social well-being.

Acknowledgements

PEMBH embraces an inclusive spirit, based on equity, diversity, and inclusion to achieve academic and institutional excellence. For PEMBH’s acknowledgments and more information visit our website -- <https://dornsife.usc.edu/phed/about/>

[Additional Resources](#)

Course Description

This course is an introductory Pickleball class designed to teach students the basic skills, techniques and fundamentals necessary to play the sport at a recreational level. We will play games and complete drills as we cover rules, scoring, etiquette, and strategies of play, focusing on both singles and doubles.

Prerequisite: None

Co-Requisite: None

Recommended Preparation: None

Equipment Needs: None

Learning Objectives

- To acquire fundamental Pickleball skills with proficiency and ability to apply these skills.
- To gain sufficient knowledge of basic rules, scoring, etiquette, and play.
- To develop knowledge and competency in fundamentals, skills, and game.
- To develop, appreciate, and commit to adapting movements required to play Pickleball & similar activities for a lifetime.

PEMBH Objectives

Students will understand the importance of sound health & fitness principles as they relate to better health & will be able to:

- Recognize the physical and mental benefits of increased physical activity.

Students will be exposed to a variety of activities providing them the opportunity to:

- Apply learned fundamental Pickleball skills.

Students will demonstrate proficiency through knowledge & acquired skills enabling them to:

- Understand and utilize various training methods.
- Develop an appreciation of physical activity as a lifetime pursuit and a means to better health.

Course Textbook (optional)

Pickleball Book For Beginners: A Comprehensive Guide to Learn the Pickleball Rules, Strategies, Techniques and Fundamentals to Become a Better Player (Mastering the Game of Pickleball). Hall, Dennis. 2022.

Equipment

Equipment will be provided. Personal equipment is encouraged, but not mandatory. Appropriate workout attire is required. Recommendations include: athletic shoes, water & towel. Lockers are available for a rental fee in the PED building. Equipment may be checked out with student ID.

In-Class Participation (30% = 30 pts)

Regular participation in class activities is a cumulative portion of your grade and active participation is fully expected

Final Exam (25% = 25 pts)

Comprehensive final examination of all course work. Students are responsible for all material covered. Examination will consist of multiple choice, true/false and short answer.

Quiz (30% = 30 pts)

Will consist of material covered to this point. Refer to course text, handouts, lecture and activities. Examination will consist of multiple choice, true/false and short answer.

Skills Assessment (15% = 15 pts)

In-class demonstration of learned skills of the basics elements of Pickleball. Including but not limited to basic play of singles, doubles, scoring, etiquette and skills. A rubric will be given and used for this assessment activity.

Assignment (10% = 10 pts)

A pre and post self-assessment test will be conducted followed by an individual analysis of skill set including fundamentals and techniques and strategy in the game of Pickleball. Outside experiential play will also be considered in lieu of self-assessment.

Course Policies

- *Make-Ups* will be given for any missed in-class work or late assignments, provided proper communication before class.
- Email (jsmaya@usc.edu) is the preferred method of communication outside of class. Email will generally be answered within 48 hours & 72 hours over a weekend, and the work day following a holiday.
- ***Please Include: Class day & time in subject line of email.***

- In the event of adverse weather conditions (i.e., rainy days), please check your email for additional class information.
- Wear appropriate clothing & athletic shoes.

Additional Course Policies

- USC PEMBH **IS NOT** responsible for any lost, stolen, or damaged property. If you choose to bring any valuables to class, it is strongly recommended to lock them up during class. Lockers are available for rental fee in the PED building.

Grading Criteria

	% Grade	Points
In-Class Participation	30%	30
Assignment	10%	10
Skills Assessment	15%	15
Quiz	20%	20
Final Exam	25%	25
Total	100%	100 Points

A (95 pts. & higher)	A- (90-94 pts.)	B+ (87-89 pts.)	B (83-86 pts.)
B- (80-82 pts.)	C+ (77-79 pts.)	C (73-76 pts.)	C- (70-72 pts.)
	PASS (> 70 pts.)		
D+ (67-69 pts.)	D (63-66 pts.)	D- (60-62 pts.)	Fail (<59 pts.)

*A = 95%-100% A- = 90%-94% B+ = 87%-89% B = 83%-86% B- = 80%-82%
 C+ = 77%-79% C = 73%-76% C- = 70%-72% D+ = 67%-69% D = 63%-66%
 D- = 60%-62% F = 59% and below*

COVID-19 (Class Guidelines)

USC (COVID-19) Resource Center <https://coronavirus.usc.edu/>

Course Schedule

Week 1	Course Introduction and Orientation Basic Games & Drills Pickleball Court and Rules Introduction	
Week 2	Strategies and Games Dinks, Serves, & Returns Court Positioning Skills Practice	
WEEK 3	Singles Strategy & Drills Shot Selection Game Rotation	
Week 4	Taking the Ball Out of the Air Vollies, Rolls, & and “The Erne” Doubles Play	
Week 5	<i>Doubles Introduction</i> Doubles Match Play and Practice Positioning and Strategy	Midterm (In-Class)
Week 6	Doubles Match Play Special Shots and Situations	
Week 7	Skills Assessment- Singles Tournament Skills Assessment- Doubles Tournament	
WEEK 8	Major League Pickleball Closing Tournament!	Final Exam (In-Class)

Statement on Academic Conduct & Support Systems

Academic Integrity

The University of Southern California is a learning community committed to developing successful scholars and researchers dedicated to the pursuit of knowledge and the dissemination of ideas. Academic misconduct, which includes any act of dishonesty in the production or submission of academic work, comprises the integrity of the person who commits the act and can impugn the perceived integrity of the entire university community. It stands in opposition to the university's mission to research, educate, and contribute productively to our community and the world.

All students are expected to submit assignments that represent their own original work, and that have been prepared specifically for the course or section for which they have been submitted. You may not submit work written by others or "recycle" work prepared for other courses without obtaining written permission from the instructor(s).

Other violations of academic integrity include, but are not limited to, cheating, plagiarism, fabrication (e.g., falsifying data), collusion, knowingly assisting others in acts of academic dishonesty, and any act that gains or is intended to gain an unfair academic advantage.

The impact of academic dishonesty is far-reaching and is considered a serious offense against the university. All incidences of academic misconduct will be reported to the Office of Academic Integrity and could result in outcomes such as failure on the assignment, failure in the course, suspension, or even expulsion from the university.

For more information about academic integrity see [the student handbook](#) or the [Office of Academic Integrity's website](#), and university policies on [Research and Scholarship Misconduct](#).

Please ask your instructor if you are unsure what constitutes unauthorized assistance on an exam or assignment, or what information requires citation and/or attribution.

Student & Disability Accommodations

USC welcomes students with disabilities into all the University's educational programs. [The Office of Student Accessibility Services](#) (OSAS) is responsible for the determination of appropriate accommodations for students who encounter disability-related barriers. Once a student has completed the OSAS process (registration, initial appointment, and submitted documentation) and accommodations are determined to be reasonable and appropriate, a Letter of Accommodation (LOA) will be available to generate for each

course. The LOA must be given to each course instructor by the student and followed up with a discussion. This should be done as early in the semester as possible as accommodations are not retroactive. More information can be found at osas.usc.edu. You may contact OSAS at (213) 740-0776 or via email at osasfrontdesk@usc.edu.

Support Systems

[Counseling and Mental Health](#)

(213) 740-9355 – 24/7 on call

Free and confidential mental health treatment for students, including short-term psychotherapy, group counseling, stress fitness workshops, and crisis intervention.

[988 Suicide and Crisis Lifeline](#)

988 for both calls and text messages – 24/7 on call

The 988 Suicide and Crisis Lifeline (formerly known as the National Suicide Prevention Lifeline) provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week, across the United States. The Lifeline is comprised of a national network of over 200 local crisis centers, combining custom local care and resources with national standards and best practices. The new, shorter phone number makes it easier for people to remember and access mental health crisis services (though the previous 1 (800) 273-8255 number will continue to function indefinitely) and represents a continued commitment to those in crisis.

[Relationship and Sexual Violence Prevention Services \(RSVP\)](#)

(213) 740-9355(WELL) – 24/7 on call

Free and confidential therapy services, workshops, and training for situations related to gender- and power-based harm (including sexual assault, intimate partner violence, and stalking).

[Office for Equity, Equal Opportunity, and Title IX \(EEO-TIX\)](#)

(213) 740-5086

Information about how to get help or help someone affected by harassment or discrimination, rights of protected classes, reporting options, and additional resources for students, faculty, staff, visitors, and applicants.

[Reporting Incidents of Bias or Harassment](#)

(213) 740-5086 or (213) 821-8298

Avenue to report incidents of bias, hate crimes, and microaggressions to the Office for Equity, Equal Opportunity, and Title for appropriate investigation, supportive measures, and response.

[The Office of Student Accessibility Services \(OSAS\)](#)

(213) 740-0776

OSAS ensures equal access for students with disabilities through providing academic accommodations and auxiliary aids in accordance with federal laws and university policy.

[USC Campus Support and Intervention](#)

(213) 740-0411

Assists students and families in resolving complex personal, financial, and academic issues adversely affecting their success as a student.

[Diversity, Equity, and Inclusion](#)

(213) 740-2101

Information on events, programs and training, the Provost's Diversity and Inclusion Council, Diversity Liaisons for each academic school, chronology, participation, and various resources for students.

[USC Emergency](#)

UPC: (213) 740-4321, HSC: (323) 442-1000 – 24/7 on call

Emergency assistance and avenue to report a crime. Latest updates regarding safety, including ways in which instruction will be continued if an officially declared emergency makes travel to campus infeasible.

[USC Department of Public Safety](#)

UPC: (213) 740-6000, HSC: (323) 442-1200 – 24/7 on call

Non-emergency assistance or information.

[Office of the Ombuds](#)

(213) 821-9556 (UPC) / (323-442-0382 (HSC)

A safe and confidential place to share your USC-related issues with a University Ombuds who will work with you to explore options or paths to manage your concern.

[Occupational Therapy Faculty Practice](#)

(323) 442-2850 or otfp@med.usc.edu

Confidential Lifestyle Redesign services for USC students to support health promoting habits and routines that enhance quality of life and academic performance.