

Linn-Benton Community College
SPRING 2022
PE 199: Pickleball

INSTRUCTOR: Cindy Falk

CONTACT INFORMATION:

EMAIL: falkc@linnbenton.edu

OFFICE: AC 111

PHONE: 541-917-4240

HOURS: Instructor is available for office hours by appointment.

CLASS TIME: T/R 11:30 a.m. – 12:50 p.m.

PLACE: Pickleball courts. In the gym if raining.

CREDIT: 1

**** NOTE** campus is closed **Friday, April 1,** and **Monday, May 30,** and no classes are held ******

OBJECTIVES: To learn proper warm-up and safety for the activity of pickleball
To learn the basic rules of pickleball
To acquire and develop skills specific to pickleball

This course will combine lecture, demonstration, observation and feedback and group and individualized instruction. While there is no textbook required, moodle will provide information relevant to the course.

OUTCOMES: Upon completion of the course, students should be able to:

1. Recognize and describe the importance of consistent and effective participation.
2. Demonstrate knowledge of the rules and/or strategies involved in pickleball.
3. Analyze strengths and weaknesses to set goals for improvement.

MEDICAL INFORMATION: Any student with a medical history or conditions that could lead to safety or health problems, please see me after class.

ACCOMODATIONS: If you have accommodations through CFAR, be sure to schedule a time to meet with me to share those that you will be using.

LOCKERS: Lockers and showers are available in the Activities Center. You may check these out. You will be assigned a locker and issued a lock that will be returned at the of the term. It is best to store valuables in a secured locker.

CLASS FORMAT: It is advisable to warm up before you begin play. This will be done as a class with drills appropriate for pickleball. After an appropriate warm-up, play will ensue.

EQUIPMENT:

A t-shirt
Shorts or sweats
Athletic court shoes
A water bottle
Pickleball paddle – **this is supplied as part of the course**, but if you have your own personal equipment, you may bring it to use.

EVALUATION:

A = 90-100%
B = 80-89%
C = 70-79 %
D = 60-69%
F = 59% and under

Attendance and participation – 200 points – 10/day

Because this is an activity class, you need to be in class and participating. If you miss a class, you will have various opportunities to make it up. Only 2 classes may be made up, per department policy.

Assignments – various points

Rules / Game knowledge testing
Strategies
Safety

ETIQUETTE/SAFETY:

- Dress appropriately.
- Bring water to stay properly hydrated especially as the weather gets warmer.
- Report any injuries to your instructor immediately.
- If errant balls enter your court, stop play to avoid injury.

NON-DISCRIMINATION POLICY:

Linn-Benton Community College does not discriminate based on race, color, religion, ethnicity, use of native language, national origin, sex, sexual orientation, gender, gender identity, marital status, disability, veteran status, age, or any other status protected under applicable federal, state, or local laws in its programs or activities.

STUDENTS RIGHTS AND RESPONSIBILITIES: Please see the following link that will enable you to see your rights and responsibilities as a student.

<https://www.linnbenton.edu/about-lbcc/administration/policies/student-rights-responsibilities-and-conduct.php>

STUDENT SERVICES:

The following links are for services to help students navigate life at LBCC:

Childcare

<https://www.linnbenton.edu/educational-options/community-and-continuing-education/family-resources/childcare.php>

Emergency Food

<https://www.linnbenton.edu/student-services/other-resources/lunchbox.php>

Financial help to stay in school

<https://www.linnbenton.edu/student-services/other-resources/roadrunner-resource-center.php>

Scholarships

<https://www.linnbenton.edu/tuition-and-admission/financial-aid/scholarships.php>

Student employment

<https://www.linnbenton.edu/student-services/work/work-study.php>

Transportation Options

<https://www.linnbenton.edu/student-services/other-resources/transportation.php>

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LINN-BENTON COMMUNITY COLLEGE
INFORMED ACKNOWLEDGMENT OF HAZARDS AND RISKS
LIABILITY WAIVER & INDEMNIFICATION FORM

WARNING OF RISKS

Participation in any **Physical Fitness, Exercise or Weight Training** class may involve injury of some type to either yourself or a fellow student. Such injury can include direct physical and possible crippling injury to one's body and the possibility of emotional injury experienced as a result of witnessing or actually accidentally inflicting injury to another. The severity of such injury can range from a minor injury to complete paralysis, or even death. Such injury can impair one's general physical and mental health and hinder one's future ability to earn a living and generally to enjoy life.

Injuries in a **Physical Fitness, Exercise or Weight Training** class can occur and you are encouraged to have a complete physical examination prior to attending class if you have any health problems or considerations due to injury, illness or age or a history of heart disease or high blood pressure, respiratory problems, skeletal or muscular injuries or ailments or are 30 lbs or more over your recommended weight based on a standard weight chart. Risks that may be encountered may include cardiac or respiratory distress; bone or joint injuries; back or muscle injury; slipping, tripping or falling; lifting, twisting, straining, spraining or breaking an appendage; or other trauma or injury. Injuries may result from the correct or incorrect performance of techniques or equipment used in class, from misfit or worn equipment, from the administration of first aid, from failing to follow training, safety or other rules. This list is non-exhaustive and is provided by way of illustration of risks or injuries that may be incurred.

The purpose of this WARNING is to bring your attention to the existence of potential dangers associated with participation in this class and to aid you in making a voluntary and informed decision as to whether you (or your child or ward) should participate in this class or activity. As a student or a parent/guardian of a student, it is your responsibility to learn about and/or to inquire of teachers, physicians, attorneys or other knowledgeable persons about any concerns that you might have at any time regarding student safety and the safety of this class or club activity. You may seek legal counsel before signing this form.

If you decide to participate, by your signature you hereby agree to indemnify and hold harmless Linn-Benton Community College including its officers, employees and agents against any/all claims, damages, demands, liabilities and costs incurred including attorney's fees, which might be made by the undersigned or any third party as a result of damage, injury or death suffered. This agreement shall be binding upon the heirs, successors and assigns of the undersigned. I understand and acknowledge that signing this agreement severely limits my legal rights, and as such, I have been encouraged above to seek legal counsel before signing.

PARENT/LEGAL GURDIAN (if student is under 18 years of age): I have read the above WARNING and I understand that this class may potentially involve the RISK OF INJURY OR DEATH and that by permitting my child/ward to participate in this class they may be subject to the possibility of injury or death. I acknowledge that I do understand the contents of this form and I voluntarily choose to permit my child/ward to participate and by my signature do hereby release, indemnify and hold the college, its officers, employees and agents harmless from any claims, damages, demands, liabilities and costs incurred including attorney's fees. **I understand and acknowledge that I have been encouraged to seek legal counsel before signing this document and that by signing this form I am severely limiting my legal rights.** A complete copy of this form will be provided to me upon request.

(Parent/Guardian's Signature) _____ Date_____

STUDENT: I HEREBY ACKNOWLEDGE THAT I HAVE READ AND DO UNDERSTAND THE ABOVE INFORMATION AND WARNING OF RISKS **and that I voluntarily choose to participate and that I intend to learn and follow all safety procedures. I understand and acknowledge that I have been encouraged to seek**

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(Student Signature) _____ Date _____

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