Course Syllabus

Code - Course Title	**SAĞ237 - Exercise and Pickleball I**
Course Type	III. SEMESTER
Laboratory + Practice	1+2
ECTS	**3.0**
Language of Instruction	Türkçe
Course Type	Elective Courses
Course Instructor(s)	PROF. DR. GÖKHAN KUŞ

Mode of Delivery	This course will only face-to-face training.
Prerequisites	None
Courses Recomended	None
Recommended Resources	Cerezuela, Juan-Leandro, Maria-Jesus Lirola, and Adolfo J. Cangas. \"Pickleball and mental health in adults: A systematic review.\" Frontiers in psychology 14 (2023): 1137047.Vitale, K., & Liu, S. (2020). Pickleball: review and clinical recommendations for this fast-growing sport. Current sports medicine reports, 19(10), 406-413.
Work Placement	None

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Weeks	Learning Outcomes	Topics	Teaching Methods
Week - 1		Pickleball definition, history, culture of pickleball sport and its benefits to society	
Week - 2		Pickleball game rules, competition rules, field dimensions	
Week - 3		Pickleball field and equipment knowledge	
Week - 4		Pickleball basic training racket grip, posture techniques, step techniques	
Week - 5		Stroking techniques forehand- backhand, dink stroke,	
Week - 6		Service shot, volley hitting techniques, drop hitting techniques	
Week - 7		Pickleball Educational games suitable for basic education	
Week - 8		Training programs for pickleball player development	
Week - 9		Teaching models according to age groups	
Week - 10		Teaching models according to disability groups	
Week - 11		Player positions in singles and doubles matches	
Week - 12		Player technical studies	
Week - 13		Exam	

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Weeks	Learning Outcomes	Topics	Teaching Methods
Week - 14		Exam aplication	

Learning Outcomes

#	Learning Outcome
1	To be at a level to be able to give pickleball training Understanding the applicability of pickleball sport and reaching the level of knowledge that will encourage individuals of all ages to the sport. To be at a level to be able to play pickleball

Sustainable Development Goals

No content has been provided.

Course Theme

No content has been provided.

AKTS Workload

Activity	Duration (Hour)	Count	Workload
Teorik Derse Katılım	0	0	0
Sınıf Dışı Çalışma (Ön Hazırlık & Pekiştirme Amaçlı)	0	0	0
Ödevler	0	0	0
Proje - Rapor - Sunum Hazırlama	0	0	0
Ara Sınav Hazırlığı (sınav süresi dahil)	0	0	0
Final Sınavı Hazırlığı (sınav süresi dahil)	0	0	0
Uygulama (Laboratuvar, Müzik/Enstrüman Uygulaması, Atölye/Saha Çalışması vb.)	0	0	0
Staj Uygulaması	0	0	0
		Calculated ECTS	**0**

Assessment Method and Passing Requirements

No content has been provided.

Assessment Method and Passing Requirements	Quamtity	Percentage (%)
1.Midterm Exam	1	40
Final Exam	1	60
	Sum (%)	**100**