Course Syllabus

Code - Course Title	**SAĞ238 - Exercise and Pickleball II**
Course Type	IV. 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		Culture of pickleball sport and its benefits to society	
Week - 2		Pickleball competition rules at the national level	
Week - 3		Advanced pickleball field design and equipment supply.	
Week - 4		Pickleball basic training racket grip, posture techniques, step techniques	
Week - 5		Advanced Stroking techniques forehand- backhand, dink stroke,	
Week - 6		Advanced Service shot, volley hitting techniques, drop hitting techniques	
Week - 7		Advanced pickleball training applications and games	
Week - 8		Advanced Pickleball player development training programs	
Week - 9		Teaching models according to age groups	
Week - 10		Teaching models according to disability groups	
Week - 11		Advanced Player positions in singles and doubles matches.	
Week - 12		Advanced player technical training.	
Week - 13		Practice exam	

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Weeks	Learning Outcomes	Topics	Teaching Methods
Week - 14		Match practice and management exam	

Learning Outcomes

#	Learning Outcome
1	To be at a level where you can provide advanced Pickleball training. To understand the feasibility of Pickleball and reach a level of knowledge where you can design a field. To be able to play, coach, and manage 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.