Program Title: Pickleball Fundamentals

Course Description: Pickleball Fundamentals offers tips and techniques to execute the sports basic skills. All the shots- groundstroke, serve and return, volley, dink, lob, smash, and drop- are covered to allow a mastery of the basics of the game. As the player improves, additional drills and techniques are discussed to provide a competitive understanding and mastery of the sport. The techniques discussed are easily implemented and provide detailed information on how to safely prepare for and play pickleball.

Learning Objectives:

1. List the basics stretches needed to warm-up for a pickleball game.
2. Identify proper techniques for various grips on the paddle
3. Explain drills to assist in developing a forehand shot
4. Describe the differences in groundstrokes
5. Explain correct hand position to execute a forehand stroke
6. Describe how to properly execute a lob
7. List the various shots and when each is used in a game scenario
8. Identify strategies for successful doubles play
9. Explain advantageous of various court positions to return shots
10. Explain techniques to put various types of spin on the ball

Target Audience: Fitness Professionals, Strength & Conditioning Specialists, and Beginner players.

Schedule and Format: Home-study course

Registration Fees: Please visit our website for the most up-to-date continuing education awards and pricing details.

Cancellation/Refund Policy: Exercise ETC has a no refund policy for all “live” training programs. If you are unable to attend a live training program, we will be happy to issue you an in-house credit for the courses you did not attend. The credit is good for one year and may be used for
any program or product you desire. Request for a credit must be made in writing within 10 days of the originally scheduled class

Course Developer Credentials:

April Boulter, M.Ed., MPH, ACSM-EP

April is an adjunct faculty member at the University of Wilmington-Delaware in the Doctoral Prevention Science program as well as an instructor at Kent State University in the School of Public Health. Her research focuses on pediatric obesity, cell-phone use and activity in college-age students, and the effects of peer-mentoring in physical activity and weight-loss. Previously, April taught at Loyola University Chicago where she oversaw a comprehensive fitness and wellness program designed to help university students develop healthy exercise habits and increase their knowledge surrounding fitness fads and the dangers of ‘social media fitness’. April is Clinical Exercise Physiological through the American College of Sports Medicine, with a BS in Kinesiology from the University of Arkansas and a M.Ed in Sports Psychology from the University of Arkansas, and an MPH from Loyola University Chicago. April joined our faculty in 2008.

Contact Hours/CEs: Please see our website for the most up-to-date details on CE awards-
www.exerciseetc.com

Sponsors: N/A