

CATALOG INFORMATION

Dept and Nbr: KINDV 79.1      Title: INTRO TO PICKLEBALL  
Full Title: Introduction to Pickleball  
Last Reviewed: 2/26/2024

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	1.50	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	1.50	Lab Scheduled	3.00	5	Lab Scheduled	52.50
		Contact DHR	0		Contact DHR	0
		Contact Total	3.00		Contact Total	52.50
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 26.25

Total Student Learning Hours: 78.75

Title 5 Category: AA Degree Applicable  
Grading: Grade or P/NP  
Repeatability: 00 - Two Repeats if Grade was D, F, NC, or NP  
Also Listed As:  
Formerly: PHYED 79

**Catalog Description:**  
The course will focus on the application of skills, techniques, game strategies and rules that make up the game of Pickleball.

**Prerequisites/Corequisites:**

**Recommended Preparation:**

**Limits on Enrollment:**

**Schedule of Classes Information:**  
Description: The course will focus on the application of skills, techniques, game strategies and rules that make up the game of Pickleball. (Grade or P/NP)  
Prerequisites/Corequisites:  
Recommended:  
Limits on Enrollment:  
Transfer Credit: CSU;  
Repeatability: Two Repeats if Grade was D, F, NC, or NP

## **ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:**

<b>AS Degree:</b>	<b>Area</b>	Effective:	Inactive:
<b>CSU GE:</b>	<b>Transfer Area</b>	Effective:	Inactive:

<b>IGETC:</b>	<b>Transfer Area</b>	Effective:	Inactive:
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<b>CSU Transfer:</b>	Transferable	Effective:	Fall 2018	Inactive:
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<b>UC Transfer:</b>		Effective:		Inactive:
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**CID:**

**Certificate/Major Applicable:**

Major Applicable Course

## **COURSE CONTENT**

### **Student Learning Outcomes:**

At the conclusion of this course, the student should be able to:

1. Play competitive pickleball and execute fundamental skills at a beginning level.
2. Demonstrate beginning tactics, positioning, and field spacing during competitive play.
3. Apply the rules of play.
4. Identify the mental aspects of beginning pickleball

### **Objectives:**

At the conclusion of this course, the student should be able to:

1. Execute beginning level, offensive and defensive fundamentals of pickleball.
2. Analyze beginning techniques of serving, returns and overhead shots.
3. Incorporate strategies for attacking various defensive alignments.
4. Demonstrate knowledge of the mental aspects of beginning pickleball.

### **Topics and Scope:**

#### **I. Beginning Techniques and Principles**

- A. Serving
- B. Returns
- C. Overhead Shots

#### **II. Beginning Techniques and Principles of Singles**

- A. Stance
- B. Positioning
- C. Strategies
- D. Offensive strategies
- E. Defensive Strategies

#### **III. Beginning Techniques and Principles of Doubles**

- A. Stance
- B. Positioning
- C. Strategies

- D. Offensive strategies
- E. Defensive Strategies

#### IV. Beginning Techniques and Principles of Singles and Doubles Matches

- A. Offensive Positioning
- B. Defensive Alignments

#### V. Mental Aspects of Beginning Pickleball

#### VI. Rules of Play

#### Assignment:

Students are expected to spend an additional one and one-half hours per week outside of class completing one or more of the following assignments.

1. Practice and analyze beginning pickleball skills and fundamentals
2. In-class competitive pickleball situations
3. Performance exams (3 - 5 skill tests) throughout the semester
4. Quizzes (1 - 5)

#### Methods of Evaluation/Basis of Grade:

**Writing:** Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

None, This is a degree applicable course but assessment tools based on writing are not included because skill demonstrations are more appropriate for this course.

Writing  
0 - 0%

**Problem Solving:** Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

None

Problem solving  
0 - 0%

**Skill Demonstrations:** All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Class performances, Performance exams

Skill Demonstrations  
20 - 40%

**Exams:** All forms of formal testing, other than skill performance exams.

Multiple choice, True/false

Exams  
20 - 40%

**Other:** Includes any assessment tools that do not logically fit into the above categories.

Participation

Other Category  
40 - 60%

**Representative Textbooks and Materials:**

The Art of Pickleball; Techniques and Strategies for Everyone. 4th ed. Leach, Gale and Leach, Travis. Two Cats Press. 2013 (classic)

Instructor prepared materials