

**KINI 79.1 Course Outline as of Summer 2025****CATALOG INFORMATION**

Dept and Nbr: KINI 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: KINDV 79.1

**Catalog Description:**

Students will learn the fundamental skills, basic techniques, game strategies and rules of pickleball.

**Prerequisites/Corequisites:****Recommended Preparation:****Limits on Enrollment:****Schedule of Classes Information:**

Description: Students will learn the fundamental skills, basic techniques, game strategies and rules 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>		<b>Effective:</b>	<b>Inactive:</b>
	L8	Student Success and Wellness	Fall 2025	
<b>CSU GE:</b>	<b>Transfer Area</b>		<b>Effective:</b>	<b>Inactive:</b>
<b>IGETC:</b>	<b>Transfer Area</b>		<b>Effective:</b>	<b>Inactive:</b>
<b>CSU Transfer:</b>	Transferable	<b>Effective:</b>	Fall 2018	<b>Inactive:</b>
<b>UC Transfer:</b>		<b>Effective:</b>		<b>Inactive:</b>

### **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 court 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 rules of 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:**

1. Practice and analyze beginning pickleball skills and fundamentals
2. In-class competitive pickleball situations
3. Performance skill tests
4. Final Exam

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

None	Problem solving 0 - 0%
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**Skill Demonstrations:** All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Performances skill tests, Performance exams	Skill Demonstrations 20 - 40%
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**Exams:** All forms of formal testing, other than skill performance exams.

Final Exam	Exams 20 - 40%
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**Other:** Includes any assessment tools that do not logically fit into the above categories.

Participation	Other Category 40 - 60%
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**Representative Textbooks and Materials:**

Pickleball for Beginners: All in One Comprehensive Guide to Nailing the Basics, Decoding the Rules, and Playing Like a Pro- Let's Turn You From Beginner to Winner! Jaden Biff. Independently published. 2023.

