

# KIN A148: PICKLEBALL

Item	Value
Curriculum Committee Approval Date	10/19/2022
Top Code	083500 - Physical Education
Units	1-2 Total Units
Hours	36-72 Total Hours (Lecture Hours 9-18; Lab Hours 27-54)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	No
Open Entry/Open Exit	No
Grading Policy	Standard Letter (S)

## Course Description

Instruction and practice in the basic knowledge and skills to play Pickleball. Technical skills include forehand and backhand groundstrokes, volleys, serves, lobs, overheads, dinks, and proper footwork. Students will also learn the fundamental rules, basic strategies, and court positioning for singles and doubles play. Basic fitness and training principles will be discussed as applicable to the sport of Pickleball. Transfer Credit: CSU.

## Course Level Student Learning Outcome(s)

1. Demonstrate the ability to play a pickleball singles and double match and score properly.
2. Demonstrate improvement in skills and basic strategies for both singles and doubles.

## Course Objectives

- 1. Demonstrate basic fundamentals of health-related fitness by modeling consistent movement and stamina during pickleball contest
- 2. Explain and model basic motor skills of forehand and backhand ground strokes, volleys, and serves and all skill-related competencies of pickleball
- 3. Demonstrate individual and team tactics and strategies used in pickleball singles and doubles play
- 4. Model and explain rules, key aspects of history, safety, and etiquette of pickleball

## Lecture Content

History and background of the game Terminology specific to Pickleball Equipment Paddle Playing area of court Types of balls and accessories Rules and Scoring Learning strokes, hitting surface of paddle, balance and body movement, fitness requirements Generating power and control of paddle speed, and ball placement, force and trajectory of ball, and paddle angle Etiquette Singles play and positioning Doubles play and positioning Body movement and anticipation of ball placement

## Lab Content

A. Forehand and backhand returns B. Grips and paddle angle s C. Proper footwork and body movement for retaining balance and positioning D. Lobs, ball angles, trajectory, and paddle speed ily: Calibri; mso-fareast-

theme-font: minor-latin; mso-bidi-font-family: Calibri; mso-bidi-theme-font: minor-latin; E. Volleys, types of serves, lobs, overheads, dinks F. Keeping ball in play and ball placement G. Technical skills of singles play H. Technical skills of doubles plan I. 'Times New Roman'; Tactical skills of singles play J. Tactical skills of doubles play K. Scoring

## Method(s) of Instruction

- Lecture (02)
- Lab (04)

## Instructional Techniques

Lectures, instructor demonstrations, instructor feedback and evaluation, handouts, and discussions

## Reading Assignments

Students will spend approximately 1 hour a week reading from instructor handouts or self directed readings related to the topic

## Writing Assignments

Students will spend approximately 3 hours a week completing conditioning programs outside of class meetings.

## Out-of-class Assignments

Continued practice of the serve. Continued practice of the forehand groundstroke. Continued practice of the backhand groundstroke. Continued practice of scoring a game.

## Demonstration of Critical Thinking

Performance of tennis skills, skills tests, and written test on terminology, scoring and strategy.

## Required Writing, Problem Solving, Skills Demonstration

Performance of tennis skills, skills tests, and written test on terminology, scoring, and strategy.

## Eligible Disciplines

Kinesiology: Master's degree in kinesiology, physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education OR Bachelor's degree in any of the above AND Master's degree in any life science, dance physiology, health education, recreation administration or physical therapy OR the equivalent.

## Other Resources

1. Selected handout materials to be provided and distributed by the instructor.
2. Articles will be provided weekly for student summary.
3. Training materials developed and distributed by Kinesiology department.