



KIN 59 - Pickleball

Catalog Description

Transfer Status: CSU/UC

Unit(s): 1.50

Activity: 51.00 Contact hours/25.50 Out of class hours/76.50 Total hours/1.50 Unit(s)

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Course Description: Pickleball is a court game/racquet sport that offers an alternative to tennis, badminton, and racquetball with its own unique set of skills and rules. This course provides instruction and match play in the fundamental skills and techniques of pickleball. Emphasis will be placed upon the skills of service, forehand, backhand, and volleys. Court and opponent strategy, etiquette, and basic rules of play will be introduced and practiced through match play.

Objectives

Upon successful completion of this course, the student should be able to:

1. Define and apply the basic rules of pickleball.
2. Demonstrate the basic skills of the serve, forehand, backhand, and volleys.
3. Demonstrate the proper etiquette and sportsmanship in match play.
4. Analyze and formulate a strategy to compete in pickleball.

Course Content

Topic Titles / Suggested Time Topic		
<u>Lecture/Activity</u>		
<u>Topics</u>	<u>Lec Hrs</u>	<u>Act Hrs</u>
Rules of the game		3.00
History of Pickleball		1.00
Forehand and Backhand Skills		4.00
Court Coverage		4.00
Drive and Serve Rules		2.00
Introduction of the Volley		2.00
Singles Play and Singles Scoring		7.00
Introduction of the Lob Serve		2.00
The Smash		3.00
Introduction of the Drop Shot and Drop Volley		3.00
Strategies of Service and Return of Service		3.00
Doubles Scoring and Positions		7.00
The Importance of Etiquette		5.00
Development of Tournament Play		5.00
Total Hours:	0.00	51.00

Methods of Instruction

- A. Class Activities
- B. Discussion
- C. Homework: Students are required to complete one hour of outside-of-class homework for every two hours of activity
- D. Instructor Demonstrations
- E. Multimedia Presentations
- F. Drill/Practical

Methods of Evaluation

- A. Exams/Tests
- B. Quizzes
- C. Class participation
- D. Written Examinations
- E. Practical Evaluations
- F. Short papers

Examples of Assignments

Reading Assignments

1. Research the history of the sport and its increasing popularity among the younger and older population of the United States. Be prepared to discuss in a class session.
2. Review the rules of pickleball and the proper etiquette of players. Plan to share examples with the class.

Writing Assignments

1. Write a brief essay on the popularity of the sport and what demographics are involved.
2. Write a one-page summary of the physical, psychological, and social benefits of pickleball.

Out-of-Class Assignments

1. View a competitive pickleball match on television or YouTube. Be prepared to discuss several observations.
2. Prepare a mock tournament. Outline the rules, brackets, and details for a successful tournament.

Recommended Materials of Instruction

Other Learning Materials

The student will be required to provide athletic apparel and a tennis or sport-type shoe. Other materials and/or equipment will be provided by the department.

Minimum Qualifications

Coaching

Physical Education (Masters Required)

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