

KIN 0036A - BEGINNING PICKLEBALL

Catalog Description

Hours: 36 activity per unit

Description: Introduces the fundamental skills required to be a proficient beginner pickleball player. Students will develop their understanding and proficiency in the game of Pickleball through fundamental techniques, strategies, and game play scenarios. Emphasis will be placed on teaching stroke mechanics, footwork, and court positioning to enhance overall performance. (CSU, UC-with unit limitation)

Course Student Learning Outcomes

- CSLO #1: Demonstrate proficiency in fundamental pickleball techniques, including serves, volleys, groundstrokes, and overheads, through consistent practice and drills.
- CSLO #2: Apply strategic thinking and tactical decision-making during gameplay situations, including positioning on the court, shot selection, and communication with partners, to effectively compete in singles and doubles matches.
- CSLO #3: Adhere to the rules and etiquette of pickleball, including scoring, court boundaries, serving rotations, and sportsmanship, to participate in a respectful and fair manner within competitive and recreational setting.
- CSLO #4: Exhibit good sportsmanship and teamwork while engaging in competitive and recreational pickleball.

Effective Term

Fall 2025

Course Type

Credit - Degree-applicable

Contact Hours

18-72

Outside of Class Hours

9-36

Total Student Learning Hours

27-108

Course Objectives

Upon successful completion of the course the student will be able to:

1. Serve, forehand and backhand ground strokes, volley, dink, lob, and return of serve.
2. Define and apply elementary pickleball rules and etiquette of pickleball.
3. List, define, and apply fundamental strategies in match play singles and doubles.

4. Recognize safety considerations inherent to pickleball, evaluate potential safety hazards as they arise, and utilize safe practices.

5. Define and utilize vocabulary appropriate to recreational pickleball play.

General Education Information

- Approved College Associate Degree GE Applicability
 - AA/AS - Health Ed/Physical Ed
- CSU GE Applicability (Recommended-requires CSU approval)
- Cal-GETC Applicability (Recommended - Requires External Approval)
- IGETC Applicability (Recommended-requires CSU/UC approval)

Articulation Information

- CSU Transferable
- UC Transferable

Methods of Evaluation

- Objective Examinations
 - Example: Exam assessing the rules and strategies of beginning pickleball. The exams will include MCQ, T/F, Matching, and Short answer questions. Example test question (short answer): "When is it legal to enter the "kitchen" to make a play on the ball?"
- Skill Demonstrations
 - Example: Have students perform basic forehands and backhands with the instructor observing 5 to 7 feet away from the student. The instructor would then give immediate instruction/feedback and the student would then attempt to hit more forehands and backhands, trying the techniques/instruction of the professor.

Repeatable

No

Methods of Instruction

- Activity

Activity:

1. In teaching return of serve, instructor would show a basic block and a beginning slice return. It would begin with a fundamental grip breakdown, then the instructor would demonstrate the returns. That would be followed with the students trying to replicate the demonstrations...the instructor should only be 5 to 7 feet from the students as they return the serves.

Typical Out of Class Assignments Reading Assignments

Read the article, "How to play pickleball - 9 simple rules for beginners". Students will then need to summarize in class the vital aspects of the 9 rules. Pickleheads website Author is Brandon Macki

Writing, Problem Solving or Performance

Students would watch an assigned beginners pickleball match online and analyze the footage. Students would have to identify areas for improvement in strategy, shot selection, and/or teamwork. Students would then propose and explain potential solutions or adjustments for those identified issues. This would be a problem-solving written answer.

Other (Term projects, research papers, portfolios, etc.)

Required Materials

- Pickleball Fever A beginner's Quick and Dirty Guide to Pickleball
 - Author: Rory M. Mason
 - Publisher: Wyld Chyld LLC
 - Publication Date: May 11, 2023
 - Text Edition: 1st
 - Classic Textbook?: No
 - OER Link:
 - OER:
- Pickleball Rules Book for Beginners
 - Author: Nathan Carter
 - Publisher: Chapin Holdings LLC
 - Publication Date: July 22, 2023
 - Text Edition: 1st
 - Classic Textbook?: No
 - OER Link:
 - OER:

Other materials and-or supplies required of students that contribute to the cost of the course.