

# KIN 0036B - INTERMEDIATE PICKLEBALL

## Catalog Description

Hours: 36 activity per unit

Description: Builds upon the fundamental skills acquired in the beginner course. Students will further develop their understanding and proficiency in the game of Pickleball through advanced techniques, strategies, and game play scenarios. Emphasis will be placed on refining stroke mechanics, footwork, and court positioning to enhance overall performance. (CSU, UC-with unit limitation)

## Course Student Learning Outcomes

- CSLO #1: Demonstrate proficiency in intermediate pickleball techniques, including serves, volleys, groundstrokes, and overheads, through consistent practice and drills.
- CSLO #2: Apply strategic thinking and more advanced tactical decision-making during game play situations, including positioning on the court, shot selection, and communication with partners, to effectively compete in singles and doubles matches.
- CSLO #3: Gain more nuanced understanding and 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 settings.
- 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 with topspin and slice, forehand and backhand ground strokes with slice, topspin, and backspin, volley, dink, lob, and return of serve with pace.
2. Define and apply intermediate pickleball rules and etiquette.
3. List, define and apply intermediate 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 and match-play 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 intermediate pickleball. The exams will include MCQ, T/F, Matching, and Short answer questions. Example test question (T/F): "It is best to serve down the middle when playing doubles?"
- Skill Demonstrations
  - Example: Have students perform serves with slice and topspin 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 serving more, trying the techniques/instruction of the professor.

## Repeatable

No

## Methods of Instruction

- Activity

Activity:

1. In teaching return of serve, instructor would show a block and a slice return. It would begin with a 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, "The Evolution of Pickleball: Trends and Innovations in the Sport." Students will then need to summarize in class the pertinent points of the article.

## Writing, Problem Solving or Performance

Students would be given two videos to watch then write a 2-3 page paper analyzing the back hand techniques. "Unlike the forehand, which is typically the dominant stroke, the backhand requires finesse, timing, and proper positioning to execute effectively. Players must focus on maintaining a continental grip on the paddle, with the non-dominant hand guiding the stroke and providing stability. The key to a successful backhand lies in rotating the torso and shoulders while keeping the

paddle face open to generate power and control the direction of the shot. Additionally, players should emphasize footwork and weight transfer to ensure proper balance and positioning throughout the stroke. By honing their backhand technique through practice and repetition, players can expand their repertoire of shots, improve their overall game, and become more formidable competitors on the pickleball court."

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

### **Required Materials**

- Pickleball Mindset
  - Author: Dayne Gingrich & Jill Martin
  - Publisher: Mindset Productions
  - Publication Date: April 1, 2024
  - Text Edition: 1st
  - Classic Textbook?: No
  - OER Link:
  - OER:
- How To Improve From a Beginner to an Intermediate in Pickleball
  - Author: Bob Savar
  - Publisher: Independently Published
  - Publication Date: February 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.**