

KIN 105: PICKLEBALL

Citrus College Course Outline of Record

Heading	Value
Effective Term:	Fall 2023
Credits:	1
Total Contact Hours:	36
Lecture Hours :	18
Lab Hours:	18
Hours Arranged:	0
Outside of Class Hours:	36
Total Student Learning Hours:	72
District General Education:	E3. Kinesiology Activity
Transferable to CSU:	Yes
Transferable to UC:	Yes - Approved
Grading Method:	Standard Letter

Catalog Course Description

Development of skills necessary to participate in a game of pickleball. Instruction will be focused on individual growth of fundamental skills and techniques of pickleball that will allow the student to participate in a life-long activity. 18 lecture hours, 18 lab hours.

Course Objectives

- Understand the terminology used during pickleball.
- Understand and implement the rules and scoring of pickleball.
- Demonstrate the fundamental skills and techniques used during play.
- Apply basic offensive and defensive strategies used during play.

Major Course Content

1. Terminology
2. Equipment
 - a. Dimensions of court
 - b. Net
 - c. Racquet
 - d. Ball
3. Rules
 - a. Scoring
4. Skills and Techniques
 - a. Serving
 - b. Returning
5. Offensive Strategy
6. Defensive Strategy

Lab Content

1. Fitness Components
 - a. Cardiovascular training
 - b. Muscular Strength
 - c. Flexibility
 - d. Muscular Endurance
 - e. Body Composition
2. Synapse/Reaction Time

3. Scoring
4. Fundamental Skills
 - a. Grips
 - b. Forehand stroke
 - c. Backhand stroke
 - d. Spin shots
5. Offensive Strategies
 - a. Serving
 - b. Rally
6. Defensive Strategies
 - a. Returning
 - b. Rally
7. Mental Preparation
 - a. Relaxation
 - b. Positive Feedback
 - c. Breathing Techniques

Suggested Reading Other Than Required Textbook

Instructor Handouts

Examples of Required Writing Assignments

Research and write a paper on the history of pickleball and its popularity in society.

Examples of Outside Assignments

Watch a pickleball match and analyze the skills and strategies used.

Instruction Type(s)

Lab, Lecture