

KNS 7.16: Intermediate Pickleball I II

This course provides students an overview of the skills needed to play pickleball at the intermediate level. The intermediate aspects of pickleball include types of strokes, offensive and defensive strategies, spins, and shot placement. Fitness for optimal performance and injury prevention concepts are included.

Pass/No Pass, Letter Grade

Units: 1

Lecture Hours: 0, **Lab Hours:** 48 @ 54

Prerequisites: None

Co-Requisites: None

Advisory: None

Transferable to both UC and CSU

WVC GE: Area A-8: Kinesiology

CSU GE: Area E - Lifelong Learning and Self Development