

INDV 256.1 Pickleball I

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This course focuses on beginner-level playing and competitive skills in the paddle sport of pickleball. The instruction covers rules, etiquette, basic skills, techniques, and strategies. Pickleball has simple rules and is easy to learn, making it suitable for individuals of all ages, fitness levels, and athletic abilities. Beginners can immediately enjoy the sport, while advanced players find it to be a fast-paced, highly competitive game. *Grade Option (Letter Grade or Pass/No Pass). Degree Credit.*

Units: 1

Hours/semester: 48-54 Lab

AA/AS Degree Requirements: Area 7A

Transfer Credit: CSU

