

## INDV 256.2 Pickleball II

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### INDV 256.2 PICKLEBALL II

This course focuses on beginner to advanced-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

**Recommended:** INDV 256.1

**AA/AS Degree Requirements:** Area 7A

**Transfer Credit:** CSU

