

ATHL 0112 - TENNIS TRAINING

Catalog Description

Formerly known as PHED 104

Prerequisite: Enrollment limitation: permission of instructor required; for students with advanced tennis skills, conditioning and previous competitive experience

Hours: 58 laboratory per unit

Description: Stresses tennis training, skills, knowledge, strategy, and appreciation. Intended for students with varsity high school experience who are preparing for competitive intercollegiate tennis. May be taken four times for credit. (CSU, UC-with unit limitation)

Course Student Learning Outcomes

- CSLO #1: Explain the rules of tennis to proper execution of the game.
- CSLO #2: Compare and contrast the various strategies used in singles play with those used in doubles play; the slope and speed of the green.
- CSLO #3: Prepare a pre-practice and pre-game routine.

Effective Term

Fall 2020

Course Type

Credit - Degree-applicable

Contact Hours

29-174

Outside of Class Hours

0

Total Student Learning Hours

29-174

Course Objectives

1. Analyze and apply the rules of tennis to proper execution of the game;
2. Evaluate and list the components of basic strokes including forehand, backhand, lob, smash, overhead, and drop shot;
3. Experiment with various grips used in both the forehand and backhand strokes;
4. Create a warm-up, cool down, and stretching routine for use in practice and game matches;
5. Design a program to improve health and skill related components of fitness relative to competitive tennis;
6. Develop an effective serve using spin, speed and placement as variables;
7. Formulate stroke corrections by viewing the flight, spin and placement of the ball; and
8. Demonstrate a higher level of skills and fitness components corresponding with course repetition.

General Education Information

- Approved College Associate Degree GE Applicability
- 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

- Projects
 - Example: Design a conditioning program that includes injury prevention, fitness improvement, and skill develop. Rubric grading.
- Skill Demonstrations
 - Example: Demonstrate the different grips used for the basic strokes. Pass/Fail grading. Describe how to execute a flat spin serve. Rubric Grading.

Repeatable

Yes

Methods of Instruction

- Laboratory
- Distance Learning

Lab:

1. Instructor will lecture on the various grips used for different strokes. Students will practice grips in small groups. (Objective 3)
2. Instructor will demonstrate ladder play and students will participate in ladder play to practice competitive situations. (Objective 8)

Distance Learning

1. Instructor will lecture on warm-up, cool down, and stretching routine for use in practice and game matches. The student will create a stretching routine for practice and game matches. (objective 4)

Typical Out of Class Assignments Reading Assignments

1. Read articles from professional periodicals that discuss skill and fitness development in competitive tennis and be prepared to discuss in class.
2. Read current events in the newspaper and/or internet websites that address tennis issues (e.g., serving, doubles and singles techniques, and innovative backhand grips) and be prepared to discuss in class.

Writing, Problem Solving or Performance

1. Illustrate, through a class demonstration, the grip used when hitting a backhand stroke deep to the baseline.
2. Demonstrate grips for at least three forehand and backhand grips.
3. Write a comparative analysis of a chosen article relating to singles defensive strategies.

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

1. Design a portfolio of 10 drills for singles play. 2. Analyze a professional match on TV and analyze strengths and weaknesses of each opponent or team.

Required Materials

- Absolute Tennis
 - Author: Marty Smith
 - Publisher: New Chapter Press, Incorporated
 - Publication Date: 2017
 - Text Edition:
 - Classic Textbook?: No
 - OER Link:
 - OER:
- Complete Conditioning for Tennis
 - Author: Mark Kovacs
 - Publisher: Human Kinetics
 - Publication Date: 2016
 - Text Edition: 2nd
 - Classic Textbook?: No
 - OER Link:
 - OER:

Other materials and-or supplies required of students that contribute to the cost of the course.

- Tennis racket