

KIN 0032 - TENNIS

Catalog Description

Formerly known as PHED 16

Hours: 36 activity per unit

Description: Fundamental techniques of service, forehand, volleys, and backhand. Covers strategy, rules, and etiquette. Provides an opportunity for competition in both singles and doubles play. (CSU, UC-with unit limitation)

Course Student Learning Outcomes

- CSLO #1: Explain the rules and etiquette of tennis.
- CSLO #2: Demonstrate basic skills such as the serve, forehand, backhand, volley, lob and overhead strokes in a tennis match.

Effective Term

Fall 2019

Course Type

Credit - Degree-applicable

Contact Hours

18-72

Outside of Class Hours

9-36

Total Student Learning Hours

27-108

Course Objectives

1. Apply the rules and etiquette of tennis;
2. Apply basic skills such as the serve, forehand, backhand, volley, lob and overhead strokes;
3. Differentiate the fundamentals of match play for singles with those of doubles;
4. Analyze and appraise an opponent's strengths and weaknesses;
5. Evaluate court strategy and types of shots to use in both singles and doubles play;
6. Compare and contrast the strategies used in singles with those used for doubles play;
7. Discuss the history of tennis and its relationship to the social bases of the 21st century;
8. Design and execute a ball skill warm up/cool down program;
9. Score a full set of a tennis match using the correct scoring formula ("add" & no "add").

General Education Information

- Approved College Associate Degree GE Applicability
 - AA/AS - Health Ed/Physical Ed
- CSU GE Applicability (Recommended-requires CSU approval)
 - CSUGE - E2 Physical Activity
- Cal-GETC Applicability (Recommended - Requires External Approval)
- IGETC Applicability (Recommended-requires CSU/UC approval)

Articulation Information

- CSU Transferable
- UC Transferable

Methods of Evaluation

- Objective Examinations
 - Example: 1. Student will be required to pass an objective exam with 70% accuracy. Example: In a more basic sense, the overhead smash is similar to an overhand throwing motion. T or F
- Skill Demonstrations
 - Example: 1. Student will be required to demonstrate skill level in at least three of the basic fundamental grips. Example: Student will successfully serve seven of ten serves into the proper service court area. 2. Student must demonstrate ability on how to keep score for an entire set.

Repeatable

No

Methods of Instruction

- Activity
- Distance Learning

Activity:

1. Instructor will facilitate a small group discussion on offensive tennis strategies. Each group will compare and contrast the strengths and weaknesses of each tactic presented.
2. Instructor will feed balls from the net, providing specific instruction on the forehand, backhand, and volley. Students will be in three lines observing the proper techniques followed by their demonstration.

Distance Learning

1. Discussion by the instructor on the history of tennis. The students discuss the history in small groups.
2. Instructor will lead a discussion on the rules and etiquette of tennis. The students will discuss the topic in small groups.

Typical Out of Class Assignments

Reading Assignments

1. Read assigned article from Inside Tennis magazine, summarize tennis fundamentals presented, and be prepared to discuss in class. 2. Read instructor supplied handouts on the mental aspect of preparing to play competitive tennis and be prepared to discuss and debate in class.

Writing, Problem Solving or Performance

1. Read the biography of a top one hundred ranked player and write a 3-4 page paper outlining the process used by the player to reach a world ranking. 2. Read an article from the internet on basic tennis fundamentals and write a 3-4 page paper outlining the material presented.

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

Required Materials

- Tennis: Steps to Success
 - Author: Jim Brown & Camille Soulier
 - Publisher: Human Kinetics
 - Publication Date: 2013
 - Text Edition: 4th
 - Classic Textbook?:
 - OER Link:
 - OER:
- 2018-19 Official Rulebook
 - Author:
 - Publisher: Intercollegiate Tennis Association
 - Publication Date: 2018
 - Text Edition:
 - Classic Textbook?:
 - OER Link:
 - OER:

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