

# ATHL 0161 - INTERCOLLEGIATE TENNIS (W)

---

## Catalog Description

Formerly known as PHED 132

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

Hours: 58 laboratory per unit

Description: Intercollegiate women's tennis competition conducted through NCAA and California Commission on Athletics rules. 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: Apply adjustments to strategy based on speed and playing surface of various tennis courts.
- CSLO #3: Demonstrate fundamental strokes and advanced techniques.

## Effective Term

Fall 2020

## Course Type

Credit - Degree-applicable

## Contact Hours

58-174

## Outside of Class Hours

0

## Total Student Learning Hours

58-174

## Course Objectives

1. Analyze and apply the rules of tennis to proper execution of the game;
2. Examine and analyze the basic components of both the forehand and backhand stroke;
3. Examine and analyze basic components of the lob, smash, overhead and drop shots;
4. Compare and contrast the various strategies used in singles play with those used in doubles play;
5. Demonstrate various grips used in both the forehand, backhand, & volley strokes;
6. Design and implement a warm-up and stretching routine for use in practice and game matches;
7. Analyze self and opponent during and after competition;
8. Demonstrate and analyze a pre-serve routine that includes taking advantage of visualizing techniques;
9. Analyze an opponent's strengths and weaknesses;

10. Design and implement a scouting report on an opponent listing several possible methods of attack and defense;
11. Design and analyze a set of hand signals to be used as a form of communication in doubles play;
12. Examine and analyze the speed and playing surface of various tennis courts;
13. Develop and demonstrate the serve using spin, speed and placement as variables;
14. Analyze and demonstrate stroke corrections by viewing the flight, spin and placement of the ball; and
15. With course repetition, demonstrate skill improvement in all fundamental strokes and advanced techniques.

## 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

- Classroom Discussions
  - Example: After analyzing and discussing opponents game film, students will develop a scouting report and present it to the class. A rubric will be used to score the assignment and a traditional grading scale will be used.
- Skill Demonstrations
  - Example: Perform the steps to execute a serve, backhand, forehand, volley, and lob shot. Video analysis will be used to assess the skill. Pass/Fail grading.

## Repeatable

Yes

## Methods of Instruction

- Laboratory
- Distance Learning

Lab:

1. Instructor will facilitate a small group discussion on singles play v. doubles play strategies. Each group will compare and contrast the strengths and weaknesses of each tactic presented. (Objective 4)
2. Instructor will lead a large group discussion in which students will develop a proper stretching and warm up routine. (Objective 6)
3. Instructor will demonstrate various strokes and students will perform basic strokes with various grips and evaluate the effectiveness of each. (Objectives 2 & 5)

Distance Learning

1. instructor will lecture on an opponent's strengths and weaknesses. Students will create an outline of the strengths and weaknesses. (objective 9)

## Typical Out of Class Assignments

### Reading Assignments

1. Using the USTA Website, read the list of tennis rules posted and be prepared to discuss in class. 2. Read an article from Tennis Today Magazine on effective serving and volleying and be prepared to summarize verbally to the class.

### Writing, Problem Solving or Performance

1. Read instructor supplied article on doubles play and write a three to four page summary, outline, and critique. 2. Read several articles from the internet on singles techniques and outline in a three to four page paper highlighting the three most significant fundamentals presented in each.

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

### Required Materials

- Absolute Tennis
  - Author: Marty Smith
  - Publisher: New Chapter Press, Incorporated
  - Publication Date: 2017
  - Text Edition:
  - Classic Textbook?: No
  - OER Link:
  - OER:

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

Tennis Racket