

KIN 0032B - ADVANCED TENNIS

Catalog Description

Hours: 36 activity per unit

Description: Advanced techniques of service, forehand, and backhand. Also advanced return of serve techniques and strategies. Provides an opportunity for more intense competition in both singles and doubles play. (CSU, UC-with unit limitation)

Course Student Learning Outcomes

- CSLO #1: Analyze and critique the overhand serve.
- CSLO #2: Evaluate strategies for volley play while playing doubles.
- CSLO #3: Create a conditioning program for tennis players.
- CSLO #4: Diagram the proper footwork for net play.
- CSLO #5: Summarize the rules and score-keeping principles of tennis.

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. Analyze and recall the rules and etiquette of tennis;
2. Apply advanced 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").
10. Learn to formulate technical strategies that are appropriate to your current opponent.

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.
3. Students will engage in live competitive play and have to defend/discuss their strategies on shot selection.

Distance Learning

1. Instructor will begin a discussion board on the opponent's strengths and weaknesses. The students will comment in groups.
2. Instructor will begin a discussion board on the rules and etiquette of tennis. The students will respond 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. 3. In a 2-3 page essay, student must formulate three different strategies for playing a "pusher."

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

Required Materials

- Winning Ugly, Mental Warfare in Tennis-Lessons from a Master
 - Author: Brad Gilbert & Steve Jamison
 - Publisher: Touchstone
 - Publication Date: 2013
 - Text Edition: 1st
 - 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.