

Course Outline of Record

1. Course Code: KINE-088
2.
 - a. Long Course Title: Strokes and Strategies for Tennis Play
 - b. Short Course Title: TENNIS-STROKE/STRATE
3.
 - a. Catalog Course Description:
This course offers biomechanics of the tennis strokes (forehand, backhand, volley, overhead, serve). The mechanics of each stroke will be stressed. Strategies used for play will be taught.
 - b. Class Schedule Course Description:
Biomechanics of each of the tennis strokes forehand, backhand, volley, overhead, serve will be stressed. Students will be taught strategies for playing quality tennis. Some tennis knowledge is helpful.
 - c. Semester Cycle (if applicable): N/A
 - d. Name of Approved Program(s):
4. Total Units: 1.00 Total Semester Hrs: 36.00
 Lecture Units: 0.5 Semester Lecture Hrs: 9.00
 Lab Units: 0.5 Semester Lab Hrs: 27.00
 Class Size Maximum: 30 Allow Audit: Yes
 Repeatability No Repeats Allowed
 Justification 0
5. Prerequisite or Corequisite Courses or Advisories:
Course with requisite(s) and/or advisory is required to complete Content Review Matrix (CCForm I-A)
N/A
6. Textbooks, Required Reading or Software: (List in APA or MLA format.) *N/A*
7. Entrance Skills: *Before entering the course students must be able:*

8. Course Content and Scope:

Lecture:

1. 1. Define the mechanics of each tennis stroke forehand, backhand, volley, overhead, serve.
 1. Training methods
 2. Individual differences
 3. Warm up-Cool down activities
2. Define strategies of playing Tennis.
 1. Research 3 strategies for Singles Tennis
 2. Research 3 strategies for Doubles Tennis
 3. Write a paper on the above strategies.
 4. On-court demonstration by student.
3. Teach the rules of Tennis.
 1. Out of class-students will study rules of tennis.
 2. Demonstrate during play the use of the rules of tennis.
4. Mid-Term on rules of tennis
5. Final-on court demonstration by students demonstrating strategies learned in class, biomechanics of the stroke, rules of the tennis game.

Lab: (if the "Lab Hours" is greater than zero this is required)

1. Demonstrate to students the biomechanics of the following strokes: Forehand, Backhand, Volley, Overhead, and serve.
2. Teach students rules and how to apply them to the game of tennis
3. Teach students the basic strategies of tennis game for singles and doubles. Students will demonstrate in class strategies they have learned during the course of the semester.
4. Have students practice and review with other students the strokes and strategies of tennis.

5. Role models (varsity tennis players) will visit class and discuss winning strategies. They will discuss personal strengths and weaknesses and how to develop individual strategies.

9. Course Student Learning Outcomes:

1.

Each student will demonstrate the biomechanics in each of the following strokes. Backhand, Forehand, Volley, Overhead, and Serve. In the classroom setting students will be able to teach the strokes to other students, thereby demonstrating their understanding of the movement.

2.

The students will demonstrate at least three strategies they have read, written a report and demonstrated in class for doubles play.

3.

The students will demonstrate at least three strategies they have read, written a report and demonstrated in class for singles play by the end of the semester.

4.

Students will be able to cite and apply the rules of tennis by the end of the semester.

10. Course Objectives: *Upon completion of this course, students will be able to:*

- a. Learn and demonstrate the biomechanics of the forehand, backhand, volley, overhead, serve.
- b. Learn and demonstrate the mechanics of each of the above stroke.
- c. Learn at least three new strategies for playing tennis.
- d. Cite and apply the rules of tennis.

11. Methods of Instruction: *(Integration: Elements should validate parallel course outline elements)*

- a. Activity
- b. Demonstration, Repetition/Practice
- c. Discussion
- d. Individualized Study

12. Assignments: *(List samples of specific activities/assignments students are expected to complete both in and outside of class.)*

In Class Hours: 36.00

Outside Class Hours: 18.00

a. In-class Assignments

1. Students will practice the biomechanics of forehand, backhand, volley, overhead, serve as approved by the Instructor
2. Students will practice the strategies taught by the Instructor.
3. Students will have a mid-term on the rules, theories, and strategies of tennis.
4. Students will have an on-court final demonstrating stroke production, strategies, and theories learned during semester.

b. Out-of-class Assignments

1. Students will study and write a report on the strategies and theories learned in class.
2. Students will study rules and theories of tennis.
3. Students will research, write, and demonstrate 3 strategies learned in the play of singles.
3. Students will research, write and demonstrate 3 strategies learned in the play of doubles.

13. Methods of Evaluating Student Progress: *The student will demonstrate proficiency by:*

- Written homework

Students will write a report on the strategies learned in class. Students will have a written mid-term on the rules of

KINE 088-Strokes and Strategies for Tennis Play

tennis.

- Critiques

Students will have an on-court final demonstrating proper technique of strokes and strategies of Tennis play

14. Methods of Evaluating: Additional Assessment Information:

15. Need/Purpose/Rationale -- *All courses must meet one or more CCC missions.*

IO - Personal and Professional Development

Self-evaluate knowledge, skills, and abilities.

Develop realistic goals.

Display habits of intellectual exploration, personal responsibility, and physical well being.

Demonstrate an understanding of ethical issues to make sound judgments and decisions.

Value the feedback of others.

16. Comparable Transfer Course

University System

Campus

Course Number

Course Title

Catalog Year

17. Special Materials and/or Equipment Required of Students:

18. Materials Fees: Required Material?

Material or Item

Cost Per Unit

Total Cost

19. Provide Reasons for the Substantial Modifications or New Course:

This course will accompany our other courses related in content for our Kinesiology program and will provide additional but new courses for our students to improve their health and knowledge.

20. a. Cross-Listed Course (*Enter Course Code*): KINE-086
b. Replacement Course (*Enter original Course Code*): *N/A*

21. Grading Method (*choose one*): Letter Grade Only

22. MIS Course Data Elements

- a. Course Control Number [CB00]: CCC000554181
b. T.O.P. Code [CB03]: 83500.00 - Physical Education
c. Credit Status [CB04]: D - Credit - Degree Applicable
d. Course Transfer Status [CB05]: B = Transfer CSU
e. Basic Skills Status [CB08]: 2N = Not basic skills course
f. Vocational Status [CB09]: Not Occupational
g. Course Classification [CB11]: Y - Credit Course
h. Special Class Status [CB13]: N - Not Special
i. Course CAN Code [CB14]: *N/A*
j. Course Prior to College Level [CB21]: Y = Not Applicable
k. Course Noncredit Category [CB22]: Y - Not Applicable
l. Funding Agency Category [CB23]: Y = Not Applicable
m. Program Status [CB24]: 2 = Stand-alone

Name of Approved Program (*if program-applicable*): *N/A*

Attach listings of Degree and/or Certificate Programs showing this course as a required or a restricted elective.)

23. Enrollment - Estimate Enrollment

First Year: 30

KINE 088-Strokes and Strategies for Tennis Play

Third Year: 30

24. Resources - Faculty - Discipline and Other Qualifications:

a. Sufficient Faculty Resources: Yes

b. If No, list number of FTE needed to offer this course: *N/A*

25. Additional Equipment and/or Supplies Needed and Source of Funding.

N/A

26. Additional Construction or Modification of Existing Classroom Space Needed. (*Explain:*)

N/A

27. FOR NEW OR SUBSTANTIALLY MODIFIED COURSES

Library and/or Learning Resources Present in the Collection are Sufficient to Meet the Need of the Students Enrolled in the Course: Yes

No text for this class

28. Originator Rebecca Vineyard Origination Date 12/17/13