

KINDV 4.1 Course Outline as of Fall 2021**CATALOG INFORMATION**

Dept and Nbr: KINDV 4.1 Title: TENNIS - BEGINNING

Full Title: Beginning Tennis

Last Reviewed: 3/9/2020

| Units | | Course Hours per Week | | Nbr of Weeks | Course Hours Total | |
|---------|------|-----------------------|------|--------------|--------------------|-------|
| Maximum | 1.50 | Lecture Scheduled | 0 | 17.5 | Lecture Scheduled | 0 |
| Minimum | 1.50 | Lab Scheduled | 3.00 | 3 | Lab Scheduled | 52.50 |
| | | Contact DHR | 0 | | Contact DHR | 0 |
| | | Contact Total | 3.00 | | Contact Total | 52.50 |
| | | Non-contact DHR | 0 | | Non-contact DHR | 0 |

Total Out of Class Hours: 26.25

Total Student Learning Hours: 78.75

Title 5 Category: AA Degree Applicable

Grading: Grade or P/NP

Repeatability: 00 - Two Repeats if Grade was D, F, NC, or NP

Also Listed As:

Formerly: PHYED 80.1

Catalog Description:

This course is designed to provide instruction in the fundamental skills, basic strategies, and the rules of tennis.

Prerequisites/Corequisites:**Recommended Preparation:****Limits on Enrollment:****Schedule of Classes Information:**

Description: This course is designed to provide instruction in the fundamental skills, basic strategies, and the rules of tennis. (Grade or P/NP)

Prerequisites/Corequisites:

Recommended:

Limits on Enrollment:

Transfer Credit: CSU;UC.

Repeatability: Two Repeats if Grade was D, F, NC, or NP

ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

| | | | |
|-------------------|----------------------|------------|-----------|
| AS Degree: | Area | Effective: | Inactive: |
| CSU GE: | Transfer Area | Effective: | Inactive: |
| IGETC: | Transfer Area | Effective: | Inactive: |

| | | | | |
|----------------------|--------------|------------|-----------|-----------|
| CSU Transfer: | Transferable | Effective: | Fall 1981 | Inactive: |
|----------------------|--------------|------------|-----------|-----------|

| | | | | |
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| UC Transfer: | Transferable | Effective: | Fall 1981 | Inactive: |
|---------------------|--------------|------------|-----------|-----------|

CID:

Certificate/Major Applicable:

Major Applicable Course

COURSE CONTENT

Student Learning Outcomes:

At the conclusion of this course, the student should be able to:

1. Students will be able to play tennis at a beginning level, with the ability to perform the basic tennis strokes, demonstrate basic body positioning during each stroke and to understand and apply the written and unwritten rules of play.

Objectives:

At the conclusion of this course, the student should be able to:

1. Perform the basic strokes of tennis including forehand, backhand, volley, overhead serve, and return of serve.
2. Identify basic strategies of competitive tennis play including baseline and serve volley strategies.
3. Demonstrate ideal body positioning and footwork for each shot.
4. Demonstrate knowledge of the basic rules of tennis applicable to match play.
5. Apply the unwritten rules of tennis pertaining to etiquette and manners.

Topics and Scope:

I. Groundstrokes

- A. Forehand - grip and swing
- B. Backhand - grip and swing
- C. Footwork and balance

II. Serves

- A. Grip
- B. Tossing technique
- C. Coordination of toss and arm swing to hit serve

III. Scoring and Rules

- A. Scoring
- B. Basic written rules
- C. Unwritten rules pertaining to conduct and etiquette

IV. Volleys

- A. The volley grip

- B. Forehand volley
- C. Backhand volley
- D. Footwork
- V. Playing Singles
 - A. Court positioning for serving and receiving
 - B. Footwork for court coverage during rallies
- VI. Playing Doubles
 - A. Court positioning for serving and receiving
 - B. Court positioning for playing out points
- VII. Practicing Self-Control While Playing
 - A. Relaxing, breathing and focusing techniques
 - B. Practicing mental toughness

Assignment:

Students are expected to spend an additional one and one-half hours per week outside of class completing one or more of the following assignments:

1. Reading class hand-outs
2. Video tape analysis of tennis stroke techniques and footwork
3. Practicing tennis in class and outside of class for one hour per week per unit
4. A written exam on tennis rules and terminology
5. Practical exams on technique and form

Methods of Evaluation/Basis of Grade:

Writing: Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

None, This is a degree applicable course but assessment tools based on writing are not included because skill demonstrations are more appropriate for this course.

Writing
0 - 0%

Problem Solving: Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

None

Problem solving
0 - 0%

Skill Demonstrations: All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Class performances, Performance exams

Skill Demonstrations
20 - 40%

Exams: All forms of formal testing, other than skill performance exams.

Exam

Exams
10 - 20%

Other: Includes any assessment tools that do not logically fit into the above categories.

Attendance and participation

Other Category
40 - 60%

Representative Textbooks and Materials:

USTA Mental Skills and Drills Handbook. Lauer, Larry and Lubbers, Paul and Kovacs, Mark. Coaches Choice. 2010 (classic)