

CATALOG INFORMATION

Dept and Nbr: ATHL 38

Title: WOMEN'S VARSITY TENNIS

Full Title: Women's Varsity Tennis

Last Reviewed: 4/26/2021

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	2.00	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	2.00	Lab Scheduled	10.00	17	Lab Scheduled	175.00
		Contact DHR	0		Contact DHR	0
		Contact Total	10.00		Contact Total	175.00
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 0.00

Total Student Learning Hours: 175.00

Title 5 Category: AA Degree Applicable

Grading: Grade or P/NP

Repeatability: 34 - 4 Enrollments Total

Also Listed As:

Formerly: PE 91

**Catalog Description:**  
Practice for and participation in intercollegiate competition, emphasizing skills, fundamentals and strategies.

**Prerequisites/Corequisites:**  
Health and Safety.

**Recommended Preparation:**

**Limits on Enrollment:**

**Schedule of Classes Information:**  
Description: Practice for & participation in intercollegiate competition; emphasizing skills, fundamentals & strategies. (Grade or P/NP)  
Prerequisites/Corequisites: Health and Safety.  
Recommended:  
Limits on Enrollment:  
Transfer Credit: CSU;UC.  
Repeatability: 4 Enrollments Total

## **ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:**

<b>AS Degree:</b>	<b>Area</b>	Effective:	Inactive:
<b>CSU GE:</b>	<b>Transfer Area</b>	Effective:	Inactive:

<b>IGETC:</b>	<b>Transfer Area</b>	Effective:	Inactive:
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<b>CSU Transfer:</b>	Transferable	Effective:	Fall 1981	Inactive:
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<b>UC Transfer:</b>	Transferable	Effective:	Fall 1981	Inactive:
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**CID:**

**Certificate/Major Applicable:**

Major Applicable Course

## **COURSE CONTENT**

### **Outcomes and Objectives:**

The primary objective of this course is to provide students with the information and skills required to compete in the game of tennis at the Community College Intercollegiate level. At the completion of this course the student will be able to do the following:

1. Perform the physical skills of the game of tennis to an advanced level.
2. Understand and implement the appropriate playing strategy needed to defeat an opponent in a competitive singles and doubles match.
3. Understand and perform a physical conditioning program that compliments the competitive level of tennis for Community College Intercollegiate play.
4. Demonstrate an understanding of the basic rules of tennis as they pertain to:
  - A. U.S.T.A. interpretation.
  - B. California Community College intercollegiate competition
5. Analyze principles and theories of the mental aspects of being a competitive a player.
6. Explain how their personal nutrition habits relate to their athletic performance; and describe components of healthy eating habits.
7. Perform responsibilities related to being a part of a team; act in a respectful manner toward your coach and teammates; help with assigned responsibilities in setting up and putting away equipment for team matches and daily practice; interact with teammates and coach in a manner that promotes encouragement, sportsmanship and friendship.

### **Topics and Scope:**

#### **I. Pre-season Practice Routines**

- A. Physical conditioning - cardiovascular and muscular.

- B. Evaluation of basic fundamentals - strokes, footwork, serves, etc.
  - C. Evaluation of basic playing strategies for singles and doubles.
  - D. Play inter-squad challenge matches to set up the team competitive ladder.
  - E. Evaluate personal nutrition - related to performance.
  - F. Review basic rules of tennis.
  - G. Review of individual responsibilities as a team member.
- II. Preconference Practice Matches.
- A. Team matches vs opponents.
  - B. Playing strategy review and practice.
  - C. Individual fundamentals review.
  - D. Continue physical conditioning.
  - E. Analyze mental aspects of competitive play.
- III. Conference Competition.
- A. Analyzing competition.
  - B. Individual fundamental review.
  - C. Playing strategies review and practice.
  - D. Video analysis - self.
  - E. Continue physical conditioning.
- IV. Post-conference competition
- A. Conference Tournament - qualifying individual players for Northern California regional tourney.
  - B. Dual Team Play-offs - qualifying school teams for state honors.
  - C. Nor-Cal Regional Tournament - qualifying individual players for the Community College State tournament in singles and doubles.
  - D. State Tournament - individuals play for state-wide honors in singles and doubles.
  - E. Individual and team evaluation.
  - F. Sophomore placement to 4 year schools.

### Assignment:

### 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  
25 - 60%

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

PERSONAL GOALS, VIDEO ANALYSIS

Exams  
10 - 25%

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

ATTENDANCE, VIDEO ANALYSIS, TEAM BUILDING  
ACTIVITIES

Other Category  
25 - 60%

**Representative Textbooks and Materials:**