### KINDV 4.2 Course Outline as of Fall 2014

# **CATALOG INFORMATION**

Dept and Nbr: KINDV 4.2 Title: TENNIS - INTERMEDIATE Full Title: Intermediate Tennis Last Reviewed: 3/9/2020

Units		Course Hours per Week	Ν	Nbr of Weeks	<b>Course Hours Total</b>	
Maximum	1.50	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	1.50	Lab Scheduled	3.00	2	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: 0.00

Total Student Learning Hours: 52.50

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 80.2

## **Catalog Description:**

The purpose of this course is to provide instruction for the intermediate tennis player including skill development and competitive strategies.

## **Prerequisites/Corequisites:**

**Recommended Preparation:** Course Completion of KINDV 4.1 ( or PHYED 80.1 or PE 37.1 or PE 185.1)

## **Limits on Enrollment:**

## **Schedule of Classes Information:**

Description: The purpose of this course is to provide instruction for the intermediate tennis player including skill development and competitive strategies. (Grade or P/NP) Prerequisites/Corequisites: Recommended: Course Completion of KINDV 4.1 ( or PHYED 80.1 or PE 37.1 or PE 185.1) 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: CSU GE:	Area Transfer Area	l		Effective: Effective:	Inactive: Inactive:
<b>IGETC:</b>	Transfer Area			Effective:	Inactive:
CSU Transfer	:Transferable	Effective:	Fall 1981	Inactive:	
UC Transfer:	Transferable	Effective:	Fall 1981	Inactive:	

# CID:

# **Certificate/Major Applicable:**

Major Applicable Course

# **COURSE CONTENT**

# **Outcomes and Objectives:**

Upon completion of this course the student will be able to:

- 1. Hit forehand and backhand ground strokes with directional intent, preparation and consistency.
- 2. Serve with rhythm, power and consistency.
- 3. Hit forehand and backhand volleys with consistency.
- 4. Demonstrate movement skills involving speed and balance while hitting shots.
- 5. Lob consistently.
- 6. Hit overhead shots.
- 7. Perform techniques for hitting approach shots.
- 8. Execute a forehand drop shot, serve and volley.
- 9. Place the return of second serves.
- 10. Demonstrate understanding of singles and doubles strategy.
- 11. Demonstrate self-control and mental toughness during match play.
- 12. Demonstrate teamwork in doubles.
- 13. Follow tennis rules and practice etiquette during match play.

# **Topics and Scope:**

- I. Review of proper technique and footwork for the following strokes and continued practice in these skills at intermediate level:
  - A. forehand groundstroke
  - B. backhand groundstroke
  - C. serve and return
  - D. forehand volley
  - E. backhand volley
  - F. Execution of approach and volley for singles
  - G. Execution of overhead shot

# II. Game strategy

- A. Mental toughness
- B. Singles strategy

#### C. Doubles strategy

III. Court positioning

- A. Execution of serve and volley
- B. Approach and volley for singles
- C. Approach and volley for doubles

IV. Lobs

- A. Execution of the lob-forehand and backhand
- B. Defending the lob in doubles

## Assignment:

Representative Assignments:

- 1. Performance exams on ground stroke, serving, volleys, lobs, overheads
- 2. One or two written and/or practical tests on game strategies and mental toughness techniques
- 3. In-class singles and doubles tournament (Class Performances)
- 4. Written comprehensive final
- 5. Practice tennis both in class and outside of class for 1 hour per week per unit (Non-contact DHR)

# 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.

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

None

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

Class performances, Performance exams

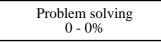
**Exams:** All forms of formal testing, other than skill performance exams.

Multiple choice, True/false

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

Attendance and participation

Writing 0 - 0%	



<b>Skill Demonstrations</b>
20 - 40%

Exams			
10 - 20%			

Other Category 40 - 60%

**Representative Textbooks and Materials:** USTA Mental Skills and Drills Handbook Epub Format - 9781606790809-Epub - Tennis Book USTA 2011