ATHL 37 Course Outline as of Fall 2021

CATALOG INFORMATION

Dept and Nbr: ATHL 37 Title: MEN'S VARSITY TENNIS Full Title: Men's Varsity Tennis Last Reviewed: 4/26/2021

Units		Course Hours per Week	Ν	lbr of Weeks	Course Hours Total	
Maximum	3.00	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	3.00	Lab Scheduled	0	13	Lab Scheduled	0
		Contact DHR	6.00		Contact DHR	105.00
		Contact Total	6.00		Contact Total	105.00
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 52.50

Total Student Learning Hours: 157.50

Title 5 Category:	AA Degree Applicable
Grading:	Grade or P/NP
Repeatability:	34 - 4 Enrollments Total
Also Listed As:	
Formerly:	PE 65

Catalog Description:

This course includes practice and participation for intercollegiate competition, emphasizing tennis skills, fundamentals, and strategies.

Prerequisites/Corequisites:

Recommended Preparation:

Limits on Enrollment:

By Tryout

Schedule of Classes Information:

Description: This course includes practice and participation for intercollegiate competition, emphasizing tennis skills, fundamentals, and strategies. (Grade or P/NP) Prerequisites/Corequisites: Recommended: Limits on Enrollment: By Tryout Transfer Credit: CSU;UC. Repeatability: 4 Enrollments Total

ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

AS Degree: CSU GE:	Area Transfer Area	l		Effective: Effective:	Inactive: Inactive:
IGETC:	Transfer Area	l		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

Student Learning Outcomes:

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

- 1. Play tennis at an advanced level
- 2. Demonstrate the appropriate physical skills and strategies of tennis
- 3. Display a knowledge and employment of the rules of the tennis

Objectives:

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

- 1. Demonstrate individual fundamental skills pertaining to tennis in relation to:
 - A. Agility
 - B. Coordination
 - C. Reaction
 - D. Muscular strength
 - E. Muscle and cardiovascular endurance
- 2. Demonstrate and apply practical and general knowledge of the game of tennis and its rules.
- 3. Identify and analyze concepts, strategies, and personnel of opponents through film analysis and simulated match situations.
- 4. Demonstrate the ability to work with a team unit and develop team concepts.
- 5. Repeating students must demonstrate an increased depth and breadth of related skills, with new learning objectives.

Topics and Scope:

- I. Individual fundamental skills and conditioning
 - A. Agility
 - B. Coordination
 - C. Reaction
 - D. Muscular strength
 - E. Muscle and cardiovascular endurance

II. Practical and general knowledge of the game and its rules

A. Practice drills

B. Game situations

- III. Concepts and strategies of opponent
 - A. Offense
 - B. Defense
 - C. Team personnel
- IV. Team building & goals
 - A. Individual goals and responsibilities
 - B. Team goals and responsibilities

Repeating students must demonstrate increased depth and breadth of related skills, with new learning objectives.

Assignment:

In-class work includes:

- 1. Film analysis
- 2. Note taking
- 3. Physical training and conditioning
- 4. Development and demonstration of related skills including practice and game performance
- 5. Establishing individual goals
- 6. Establishing team goals
- 7. Periodic quizzes

Fieldwork such as:

- 1. Practice for intercollegiate competition
- 2. Intercollegiate competition

Repeating students demonstrate an increased level of performance.

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.

Note taking

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.

Practice and match performance; field work

Writing
5 - 10%

Problem solving	
0 - 0%	

Skill Demonstrations
25 - 60%

Periodic Quizzes

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

Participation and attendance; fieldwork

Exams 10 - 25%

Other Category 25 - 60%

Representative Textbooks and Materials:

The Inner Game of Tennis: The Classic Guide to the Mental Side of Peak Performance. Gallwey, W. Timothy and Kleiman, Zach and Carroll, Pete. Random House Trade Paperbacks. 2007 (classic)

Master Your Tennis Game: 50 Mental Strategies and Tactics Paperback. Dehart, Ken. Rockridge Press. 2019