

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	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 91

**Catalog Description:**  
This course includes practice and participation for intercollegiate tennis, 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 tennis, 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:**

<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**

### **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 and 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

Writing  
5 - 10%

**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.

Practice and match performance; fieldwork

Skill Demonstrations  
25 - 60%

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

Periodic Quizzes

Exams  
10 - 25%

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

Participation and attendance; fieldwork

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