

KINDV 4.3 Course Outline as of Fall 2016**CATALOG INFORMATION**

Dept and Nbr: KINDV 4.3 Title: TENNIS - ADVANCED

Full Title: Advanced 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	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: 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 80.3

Catalog Description:

The purpose of this course is to provide advanced instruction in the techniques, tactics and strategies associated with competitive tennis. Special emphasis placed on drills and competitive play situations.

Prerequisites/Corequisites:**Recommended Preparation:**

Course Completion of KINDV 4.2

Limits on Enrollment:**Schedule of Classes Information:**

Description: The purpose of this course is to provide advanced instruction in the techniques, tactics and strategies associated with competitive tennis. Special emphasis placed on drills and competitive play situations. (Grade or P/NP)

Prerequisites/Corequisites:

Recommended: Course Completion of KINDV 4.2

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:
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CSU Transfer:	Transferable	Effective:	Fall 1981	Inactive:
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UC Transfer:	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. Students will be able to play competitive tennis at an advanced level, with the ability to perform beginning through advanced tennis strokes, demonstrate ideal body positioning during competitive play, and to understand and apply the written and unwritten rules of play.

Objectives:

Upon completion of the course students will be able to

1. Perform advanced tennis strokes showing concentration, balance, power, rhythm and accuracy of ball placement.
2. Analyze advanced strokes such as top spin, slice, offensive lob, overhead and drop shots.
3. Incorporate strategies for singles and doubles tennis competition.
4. Demonstrate knowledge of the mental aspects of advanced tennis competition.
5. Design a personalized tennis program for advanced competitive play.

Topics and Scope:

- I. Stroke Development
 - A. Forehand
 - B. Backhand
 - C. Serve
 - D. Volleys and half volleys
 - E. Lobs and overheads
 - F. Top spin
 - G. Slice
 - H. Drop shots
- II. Stroke Development Principles
 - A. Concentration

- B. Balance
- C. Power
- D. Rhythm
- E. Control

III. Principles of Singles Strategies

- A. Baseline game
- B. Serve game
- C. Volley game

IV. Principles of Doubles Strategies

- A. Positioning and movement
- B. Communicating strategy

V. Principles of Tournament Play

- A. Pre-match preparation
- B. Match play
- C. Post-match analysis

VI. Relaxation and focusing techniques

VII. Developing a personalized tennis program

Assignment:

Representative Assignments:

1. Practicing and analyzing advanced tennis strokes
2. In class singles and doubles tournaments (Class Performances) including pre and post match preparation and analysis
3. Written final exam
4. Performance exams (skill tests) throughout the semester
5. Designing a personalized tennis program
6. Outside of class: Student is expected to practice tennis skills for one hour per week per unit

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.

Multiple choice, True/false

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

Epub Format - 9781606790809-Epub - Tennis Book

USTA 2011