

KINDV 4.2 Course Outline as of Fall 2021**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		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 80.2

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

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

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:

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 tennis at an intermediate level, with the ability to perform beginning through intermediate tennis strokes, demonstrate ideal body positioning during each stroke, and to understand and apply the written and unwritten rules of play.

Objectives:

At the conclusion of this course, the student should 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:

Students are expected to spend an additional one and one-half hours per week outside of class completing one or more of the following 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.

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. Lauer, Larry and Lubbers, Paul and Kovacs, Mark.
Coaches Choice. 2010 (classic)