

KINDV 4.3 Course Outline as of Fall 2021**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: |
|---------------------|--------------|------------|-----------|-----------|

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 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:

At the conclusion of this course, the student should 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:

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. 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.

Final exam

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)