

**College of San Mateo**  
**Official Course Outline**

1. **COURSE ID:** INDV 251.1    **TITLE:** Tennis I

**Semester Units/Hours:** 0.5 - 1.0 units; a minimum of 24.0 lab hours/semester; a maximum of 48.0 lab hours/semester

**Method of Grading:** Grade Option (Letter Grade or P/NP)

2. **COURSE DESIGNATION:**

**Degree Credit**

**Transfer credit:** CSU; UC

**AA/AS Degree Requirements:**

CSM - GENERAL EDUCATION REQUIREMENTS: E4: Physical Education

**CSU GE:**

CSU GE Area E: LIFELONG LEARNING AND SELF-DEVELOPMENT: E2

3. **COURSE DESCRIPTIONS:**

**Catalog Description:**

Instruction in the fundamental skills of the service, forehand and the backhand strokes; court strategy and the rules of play at a beginning level; testing program in all tennis skills and rules.

4. **STUDENT LEARNING OUTCOME(S) (SLO'S):**

Upon successful completion of this course, a student will meet the following outcomes:

1. Improve body composition, range of motion, overall body weight, resting heart rate, strength and endurance, and aerobic capacity at a beginning level.
2. Demonstrate various skills applicable to the sport of tennis at the beginning level.

5. **SPECIFIC INSTRUCTIONAL OBJECTIVES:**

Upon successful completion of this course, a student will be able to:

**At the beginning level:**

1. Explain and understand the rules and etiquette governing tennis
2. Use critical thinking skills as they pertain to tennis strategies
3. Execute forehand, backhand and serving strokes
4. Identify and perform the five tennis grips
5. Use critical thinking skills needed to analyze fitness test results
6. Improve overall skills over the course of the semester

6. **COURSE CONTENT:**

**Lab Content:**

Beginning level instruction in the following:

1. Rules of Tennis
  - A. Singles
  - B. Doubles
2. Etiquette of Tennis
3. Strategies of Tennis
4. Stroke Technique
  - A. Forehand
  - B. Backhand
  - C. Serve
5. Grips
  - A. Continental (Super)
  - B. Eastern Forehand
  - C. Semi-Western
  - D. Western
  - E. Eastern Backhand
6. Specialty shots
  - A. Drops
  - B. Lobs
  - C. Volleys

- 7. Fitness Test
- A. Fitness-Related Topics

**7. REPRESENTATIVE METHODS OF INSTRUCTION:**

Typical methods of instruction may include:

1. Lecture
2. Activity
3. Discussion
4. Individualized Instruction
5. Observation and Demonstration
6. Other (Specify): Class discussions regarding rules and strategies of tennis. Demonstration of daily warm-ups and stretches. Demonstration of daily tennis drills. Demonstration/explanation of department-administered fitness test. Discussion of fitness/wellness concepts as they relate to fitness test results Lectures on various fitness and tennis topics

**8. REPRESENTATIVE ASSIGNMENTS**

Representative assignments in this course may include, but are not limited to the following:

**Writing Assignments:**

Students may be expected to keep a journal.

Students may be expected to write short essays on midterm and final examinations.

**Reading Assignments:**

Students may be expected to read 5-10 pages of handouts.

**9. REPRESENTATIVE METHODS OF EVALUATION**

Representative methods of evaluation may include:

1. Class Participation
2. Class Performance
3. Exams/Tests
4. Written examination

**10. REPRESENTATIVE TEXT(S):**

Possible textbooks include:

1. Roetert, Paul E., and Kovacs, Mark S.. *Tennis Anatomy Book*, 1st ed. Champaign, Ill: Human Kinetics, 2011

**Origination Date:** January 2013

**Curriculum Committee Approval Date:** February 2013

**Effective Term:** Fall 2013

**Course Originator:** Michelle Warner