

College of San Mateo
Official Course Outline

1. **COURSE ID:** INDV 251.2 **TITLE:** Tennis II
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:

Continued instruction in the fundamental skills of tennis. Emphasis will be placed on singles and doubles strategy including the essence of net play at the intermediate level. Forehand, backhand, and serve will be emphasized as offensive and defensive weapons. Competition will be included and tournaments will be held.

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 an intermediate level.
2. Demonstrate various skills applicable to the sport of tennis at an intermediate level.

5. **SPECIFIC INSTRUCTIONAL OBJECTIVES:**

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

At the intermediate level:

1. Explain and understand the rules and etiquette governing tennis at the intermediate level
2. Use critical thinking skills as they pertain to tennis strategies at an intermediate level
3. Execute forehand, backhand and serving strokes at an intermediate level
4. Identify and perform the five tennis grips at an intermediate level
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:

The following information will be presented at an intermediate level

A. Rules of tennis

1. Singles
2. Doubles

B. Etiquette of tennis

C. Strategies of tennis

D. Stroke technique

1. Forehand
2. Backhand
3. Serve

E. Grips

1. Continental (super)
2. Eastern forehand
3. Semi-western
4. Western
5. Eastern backhand

F. Specialty shots

1. Drops

2. Lobs
 3. Volleys
- G. Fitness test
1. Fitness related topics

7. REPRESENTATIVE METHODS OF INSTRUCTION:

Typical methods of instruction may include:

1. Lecture
2. Activity
3. Critique
4. Discussion
5. Individualized Instruction
6. Observation and Demonstration

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 exam

Reading Assignments:

Students may be expected to read instructor-generated tennis handbook (5-10 pages)

9. REPRESENTATIVE METHODS OF EVALUATION

Representative methods of evaluation may include:

1. Class Participation
2. Class Performance
3. Exams/Tests
4. Written examination
5. Evaluation of intermediate level: Class Participation; Class Performance; Written examination; Evaluation of student use of critical thinking in understanding the rules and terminology of tennis through a comprehensive written examination. Evaluation of student use of critical thinking through a comprehensive written final. Evaluation of student participation in daily skills progression. Evaluation on sportsmanship, rules and etiquette of class. Evaluation of skills tests performance and progression. Evaluation of demonstrated knowledge of five grips used in tennis. Evaluation of critical thinking skills of students' utilization of intermediate level strategy during play.

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

Other:

1. Instructor-generated handouts

Origination Date: January 2013
Curriculum Committee Approval Date: February 2013
Effective Term: Fall 2013
Course Originator: Michelle Warner