

College of San Mateo
Official Course Outline

1. **COURSE ID:** INDV 251.4 **TITLE:** Tennis IV

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 on the skills of tennis at the expert level . Emphasis will be placed on singles and doubles strategy including net play. 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 expert level.
2. Demonstrate various skills applicable to the sport of tennis at an expert level.

5. **SPECIFIC INSTRUCTIONAL OBJECTIVES:**

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

At an expert level:

1. Demonstrate use of critical thinking skills in mastery of the etiquette, rules, and strategies of tennis.
2. Demonstrate expert level ability to apply strategies involved in tennis.
3. Demonstrate complete competence at an expert level the forehand, backhand and serving stroke.
4. Demonstrate complete competence in the five grips used in tennis.
5. Use critical thinking skills needed to analyze fitness test results
6. Demonstrate continued skills progression over the course of the semester.

6. **COURSE CONTENT:**

Lab Content:

Course content may include instruction at the expert level in the following:

- 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. Discussion
- 4. Individualized Instruction
- 5. 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

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