

College of San Mateo
Official Course Outline

1. **COURSE ID:** INDV 251.3 **TITLE:** Tennis III

Units: 0.5 -1.0 units **Hours/Semester:** 24.0-54.0 Lab hours

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 advanced 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 one or more: body composition, range of motion, overall body weight, resting heart rate, strength and endurance, and aerobic capacity at an advanced level.
2. Demonstrate various skills applicable to the sport of tennis at an advanced level.

5. **SPECIFIC INSTRUCTIONAL OBJECTIVES:**

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

At an advanced level:

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

- A. Lecture
- B. Activity
- C. Discussion
- D. Individualized Instruction
- E. 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:

- A. Class Participation
- B. Class Performance
- C. Exams/Tests
- D. Written examination

10. REPRESENTATIVE TEXT(S):

Other:

- A. Instructor-generated handouts

Origination Date: February 2017

Curriculum Committee Approval Date: March 2017

Effective Term: Fall 2017

Course Originator: Andreas Wolf