

ATHL A243: TENNIS TEAM - WOMEN'S

Item	Value
Curriculum Committee Approval Date	12/04/2024
Top Code	083550 - Intercollegiate Athletics
Units	3 Total Units
Hours	162 Total Hours (Lab Hours 162)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	Yes; Repeat Limit 3
Open Entry/Open Exit	No
Grading Policy	Standard Letter (S), • Pass/No Pass (B)
Associate Arts Local General Education (GE)	• Area 7 Life Skills, Lifelong Learning, and Self-Development 7B Activity (OE2)
California State University General Education Breadth (CSU GE-Breadth)	• CSU E2 Activity Course (E2)

Course Description

Auditions will be held during the first week of class. This course may be taken four times. Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

Course Level Student Learning Outcome(s)

1. Execute proper training techniques needed to improve skills in preparation for successful intercollegiate competition.
2. Demonstrate commitment to excellence, fair play, and personal responsibility through participation in intercollegiate athletics.

Course Objectives

- 1. Demonstrate improvement in skills necessary for intercollegiate competition in tennis.
- 2. Demonstrate a personal commitment to athletic excellence.
- 3. Participate and compete successfully as a member of a team in the athletic experience.
- 4. Set personal goals for improvement.
- 5. Evaluate and improve skills through the use of video film.
- 6. Use nutritional skills for enhanced performance.

Lecture Content

Lab Content

To improve, develop skills, and become more knowledgeable in the mental aspect of tennis. Improve skills/technique Groundstrokes topspin

flat drives underspin/drop shot angles Net play volleys/half-volleys/ approach shots overheads/high backhands placement Serves flat slice placement Power and Agility Increase racket head speed Strengthen legs lunges squats strength training Footwork/agility/cardio conditioning on-court footwork drills jump-ropes Cardio Lab and track work Singles and doubles Shot selection specific to singles play specific to doubles play court coverage Strategies Information Australian Angles and recovery - covering partner and court Analyze competitor's game/skills - Using strengths and exploiting weaknesses Rules ITA Orange Empire Rules On and off court etiquette

Method(s) of Instruction

- Lab (04)

Instructional Techniques

Lecture, discussion, video analysis, competition, coaching feedback, strategy sessions.

Reading Assignments

NCAA Rule Guide; Articles related to the sport; handouts on sport skills.

Writing Assignments

Proficiency demonstrations of tennis skills and competitive ability, written match evaluations, charting teammates, verbal rules/etiquette tests.

Out-of-class Assignments

Continued practice of skills necessary for successful participation at the intercollegiate level of the sport; attendance at athletic competitions.

Demonstration of Critical Thinking

Participation, skills demonstration, evaluation of charted matches, and successful performance at the competitive level.

Required Writing, Problem Solving, Skills Demonstration

Proficiency demonstrations of tennis skills and competitive ability, written match evaluations, charting teammates, verbal rules/etiquette tests.

Eligible Disciplines

Physical education: Master's degree in physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education, OR bachelor's degree in any of the above AND master's degree in any life science, dance, physiology, health education, recreation administration, or physical therapy OR the equivalent. Master's degree required.

Other Resources

1. Intercollegiate Tennis Association. Friend at Court. (latest, revised annually).
2. Orange Empire Conference Rules
3. Handouts to be provided and distributed by the instructor