



KINE 123 - Tennis Course Outline

Approval Date: 02/13/2020

Effective Date: 08/14/2020

SECTION A

Unique ID Number CCC000616635

Discipline(s)

Division Kinesiology & Athletics

Subject Area KINESIOLOGY

Subject Code KINE

Course Number 123

Course Title Tennis

TOP Code/SAM Code 1270.00 - Kinesiology / E - Non-Occupational

Rationale for adding this course to the curriculum Changing subject code to KINE. Changing hours and units, no longer variable.

Units 1.5

Cross List N/A

Typical Course Weeks 18

Total Instructional Hours

Contact Hours

Lecture 0.00

Lab 0.00

Activity 54.00

Work Experience 0.00

Outside of Class Hours 27.00

Total Contact Hours 54

Total Student Hours 81

Open Entry/Open Exit No

Maximum Enrollment

Grading Option Letter Grade or P/NP

Distance Education Mode of Instruction On-Campus

SECTION B

General Education Information:

SECTION C

Course Description

Repeatability May be repeated 0 times

Catalog Description Fundamentals of tennis. Beginning: Rules, scoring, etiquette, and tactics for singles. Emphasis on forehand and backhand ground strokes, serve and volley. Text required.

Schedule Description

SECTION D

Condition on Enrollment

1a. **Prerequisite(s):** *None*

1b. **Corequisite(s):** *None*

1c. **Recommended:** *None*

1d. **Limitation on Enrollment:** *None*

SECTION E

Course Outline Information

1. Student Learning Outcomes:

- A. Students will acquire knowledge and demonstrate skills to safely engage in physical activity.
- B. Students will understand the principles of lifetime fitness and will incorporate fitness activities into a healthy and active lifestyle.
- C. Students will understand the basic principles of anatomy, physiology, and/or biomechanics and apply the knowledge to movement activity.

2. Course Objectives: Upon completion of this course, the student will be able to:

- A. Demonstrate a knowledge of the rules and etiquette of tennis.
- B. Demonstrate proficiency at the following tennis skills; forehand, backhand, serve, volley, serve return, lob and overhead.
- C. Demonstrate an understanding of the strategy and tactics of singles and doubles play.
- D.

3. Course Content

- A. Forehand ground stroke
 - a. Review grip, ready position, pivot and back swing, forward swing, contact and follow through
 - b. Introduce footwork and concept of moving to the ball
- B. Backhand ground stroke
 - a. Review grip, pivot, back swing, forward swing, contact and follow through
 - b. Introduce footwork and concept of moving to ball
- C. Volley
 - a. Review grip, ready position, swing, contact and follow through
 - b. Introduce footwork and concept of moving to ball
- D. Serve
 - a. Review grip, stance, toss and swing
 - b. Introduce concept of serve placement
 - c. Introduce top spin serve
- E. Service Return
 - a. Ready position
 - b. Swing

- c. Contact and follow through
- d. Basic footwork
- F. Scoring
 - a. Review all details of scoring
- G. Rules
 - a. Review all details of rules of tennis
- H. Strategy
 - a. Review basic singles and doubles strategy
- I. Competition
 - a. Introduce concepts of singles and doubles competition
 - b.

4. Methods of Instruction:

Activity:

Discussion:

Lab:

Other: Demonstration

5. Methods of Evaluation: Describe the general types of evaluations for this course and provide at least two, specific examples.

Typical classroom assessment techniques

Exams/Tests --

Quizzes --

Class Work --

Lab Activities --

Final Class Performance --

Final Exam --

Additional assessment information:

Written mid-term and final

Skills test

Match play

Survey

Letter Grade or P/NP

6. Assignments: State the general types of assignments for this course under the following categories and provide at least two specific examples for each section.

- A. Reading Assignments
 - Textbook and class handouts
- B. Writing Assignments
 - Write answers to text exercises and exams
- C. Other Assignments
 - View tennis videotapes

7. Required Materials

A. EXAMPLES of typical college-level textbooks (for degree-applicable courses) or other print materials.

Book #1:

Author: Williams, S. and Rive, J.

Title: Tennis Skills and Drills

Publisher: Human Kinetics

Date of Publication: 2011

Edition:

B. Other required materials/supplies.