

Crafton Hills College Course Outline

1. **Discipline:** Physical Education
2. **Department:** Health and Physical Education
3. **Course Title:** Tennis
4. **Course I.D.:** PE/I 148X4
5. **Prerequisite(s):** None
Corequisite(s): None
Departmental Recommendation(s): None
6. **Semester Units:** .5 - 1
7. **Minimum Semester Hours:**
Lecture: 0 Lab: 24-48 Clinic: 0 Field: 0
8. **Need for the Course:**
 - A. This course is an essential part of a comprehensive physical education program.
 - B. This course is associate degree applicable and transfers to UC and CSU.
 - C. This course partially satisfies the physical education/nutrition/health education general education requirement for the associate degree.
 - D. This is the only course on campus that offers instruction in the skills, techniques, strategies, rules, and etiquette associated with the sport of tennis.
9. **Goals for the Course:**
 - A. To enhance the offerings of the Health and Physical Education Department by providing students the skills, techniques, strategies, rules, and etiquette associated with playing tennis.
 - B. To partially satisfy the physical education/nutrition/health education general education requirement for an associate degree.
 - C. To allow students to develop an understanding of and an appreciation for the lifetime benefits of tennis.
 - D. To provide a physical education course that develops the individual playing and competitive skills associated with tennis.
10. **Catalog Description:**

Instruction in the skills, techniques, strategies, rules, and etiquette of tennis.
Development of skills leading to lifetime benefits associated with participation in the sport of tennis. This course may be taken four times.
11. **Schedule Description:**

Instruction in the skills, techniques, strategies, rules, and etiquette of tennis.

12. Entrance Skills:

- A. **Requisite Skills:** None
- B. **Recommended Skills:** None

13. Course Objectives:

Upon satisfactory completion of this course, students will be able to:

- A. Demonstrate physiologically sound warm-up, stretching, and cool-down activities associated with participation in tennis.
- B. Demonstrate a comprehensive understanding of the etiquette of the game.
- C. Demonstrate an understanding of scoring and the rules of play.
- D. Demonstrate and analyze components of the skills and individual techniques related to a fundamentally sound execution of the following:
 - 1. groundstroke
 - 2. serve
 - 3. volley
- E. Apply the Stroke Mechanic Principles to a variety of tennis shots.
- F. Evaluate strategies and tactics used during singles and doubles play.
- G. Examine the strengths and weaknesses associated with different playing strategies.
- H. Identify behaviors associated with a positive competitive attitude.
- I. Describe activities associated with proper practice techniques.
- J. Design a personal game plan that addresses individual style of play.

14. Representative Texts and Instructional Material:

U.S.T.A. (2005). Friend at Court 2005. White Plains, NY: United States Tennis Association.

U.S.T.A. (2005). Official Rules of Tennis: Includes The Code. White Plains, NY: United States Tennis Association

Gould, D. (2000). Tennis, Anyone? Mountain View, CA: Mayfield Publishing Company.

15. Course Content:

- A. Stroke Mechanic Principle
 - 1. Preparation
 - 2. Balance
 - 3. Racquet Movement
- B. Basic Tennis Skills
 - 1. Groundstroke
 - 2. Serve
 - 3. Volley
- C. Specialty Shots
 - 1. Return of Serve
 - 2. Lobs
 - 3. Overheads
 - 4. Approach Shots

- D. Basic Singles Strategies and Patterns of Play:
 - 1. Margin for Error
 - 2. Developmental Stages
 - 3. Shot Selection
 - 4. Baseline Strategies
 - a. Defensive Tactics
 - b. Counter Attacking from the Baseline
- E. All Court Play and Singles Attacking Patterns
 - 1. Movement and Footwork
 - 2. When, How, and Why to Approach the Net
 - 3. Mid Court Offensive Options
 - 4. Chip & Charge Return of Serve
 - 5. Serve and Volley
- F. Doubles Strategies
 - 1. Player Positions
 - 2. Skills Needed for Doubles Play
 - 3. Doubles Playing Patterns
- G. Practice Techniques
 - 1. Off Court
 - 2. On Court
- H. Rules of Play, Scoring, Etiquette
- I. Creating a Positive Competitive Attitude
- J. Preparing Your Body for Play

16. Methods of Instruction:

- A. Lecture
- B. Discussion
- C. Videos
- D. Visual Aids
- E. Demonstration & Practice
- F. Skills Drills
- G. Competitive Drills
- H. Competitive Play
- I. Problem Solving Exercises
- J. Collaborative Learning

17. Assignments and Methods of Evaluation:

- A. Written assignments, exams, quizzes, and/or practical tests on content areas (20%-30%)
- B. Skills development based on performance assignments and/or tests, and daily execution of skills (30%-40%)
- C. Participation in class activities and attendance (35%-45%)

18. Distributed Education Methods of Instruction: None