

ATHL 44: INTERCOLLEGIATE TENNIS I (MEN)

Foothill College Course Outline of Record

Heading	Value
Units:	3
Hours:	9 laboratory per week (108 total per quarter)
Advisory:	Limitation on enrollment: Athletic tryout for intercollegiate team selection is required to enroll with permission of the instructor. Students will be required to have a physical prior to participation in the class. Students will be required to achieve and maintain sport-specific performance standards as evaluated by the instructor. Continued eligibility is determined by appropriate CCCAA academic and decorum rules.
Degree & Credit Status:	Degree-Applicable Credit Course
Foothill GE:	Area VII: Lifelong Learning
Transferable:	CSU/UC
Grade Type:	Letter Grade (Request for Pass/No Pass)
Repeatability:	May be taken six times for credit

Student Learning Outcomes

- Understand and implement the strategic/tactical skills of intercollegiate tennis
- Perform with an increasing degree of proficiency the offensive and defensive skills related to competitive tennis.

Description

Competitive intercollegiate tennis emphasizing preseason conditioning, development of skills and strategies and team building through pre-conference and conference competition. Intended for participants of the men's tennis team.

Course Objectives

The student will be able to:

- perform tennis skills related to each athlete's specialized team objectives.
- prepare to compete in a highly organized team sport at a maximum level of competition.
- apply and practice skills learned and show improvement.
- analyze effectively the opposing team's play and strategies.
- demonstrate through performance the development of physical fitness levels in strength, endurance, and health.
- identify official rules and their interpretations to enhance performance.
- display proper sportsmanship on and off the court.
- explain the elements and actions involved in an athletic philosophy.

Course Content

- Advanced development of fundamental skills of tennis
 - Backhand
 - Smashing
 - Volleying
 - Lobbying
 - Slashing
 - Serve
- Strategies
 - Offensive
 - Singles
 - Doubles
 - Court positions
 - Net play
 - Approach
 - Defensive
 - Singles
 - Doubles
 - Court positions
 - Net play
- Physical fitness development
 - Muscle strength
 - Muscle endurance
 - Aerobics and anaerobic conditioning
 - Flexibility
- Rules and regulations
 - Faults
 - Court and net
 - Scoring
 - Service
 - Change of ends
 - Service court errors
- Sportsmanship and etiquette
 - Mutual respect
 - Distracting an opponent
 - Joy of competition
 - Zeal of excellence
 - Rivalry and camaraderie
- Individual and team philosophy
 - Motivation
 - Philosophy
 - Pride
 - Excellence
 - Sacrifice
 - Success
 - Integrity
 - Perseverance

Lab Content

- Drills for skills
 - Groundstrokes
 - Volleys
 - Overhead
 - Serving
 - Returning serve

Special Facilities and/or Equipment

Collegiate tennis courts and tennis racquets.

Method(s) of Evaluation

- A. Subjective assessment of physical skills and performance by direct coach's observation
 - 1. Individual and team critiques
 - 2. Video analysis
 - 3. Student-athlete counseling: academic involvement, athletic department eligibility
 - 4. Individual improvement, performance, and contribution to the total team effort
- B. Objective assessment of performance
 - 1. Participation in athletic competitions
 - 2. Final evaluations

Method(s) of Instruction

Lecture, discussion, cooperative learning exercises, laboratory, demonstration.

Representative Text(s) and Other Materials

Intercollegiate Tennis Association Rulebook 2018-19. Note: The most recent edition of the rulebook will be used; annual updates are available online at itatennis.com/

Types and/or Examples of Required Reading, Writing, and Outside of Class Assignments

Optional reading and writing assignments as determined by instructor.

Discipline(s)

Physical Education, Coaching