

ATHL 45: INTERCOLLEGIATE TENNIS I (WOMEN)

Foothill College Course Outline of Record

Heading	Value
Effective Term:	Summer 2025
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 7: 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

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

Description

Competitive intercollegiate tennis emphasizing early season conditioning, development of skills and strategy, and team building through pre-conference and conference competition. Intended for participants on the women's tennis team.

Course Objectives

The student will be able to:

1. Perform tennis skills related to each athlete's specialization and team objectives
2. Prepare to compete in a highly organized team sport at a maximum level of competition
3. Apply and practice skills learned and show improvement
4. Analyze effectively the opposing team's play and strategies
5. Demonstrate through performance the development of physical fitness levels in strength, endurance, and health
6. Identify the official rules and their interpretations to enhance performance

7. Display proper sportsmanship both on and off the court
8. Explain the elements and actions involved in an athletic philosophy

Course Content

1. Advanced development of fundamental skills of tennis
 - a. Backhand
 - b. Overheads
 - c. Volleying
 - d. Lobbing
 - e. Slashing
 - f. Serve
2. Strategies
 - a. Offensive
 - i. Singles
 - ii. Doubles
 - iii. Court position
 - iv. Net play
 - v. Approach
 - b. Defensive
 - i. Singles
 - ii. Doubles
 - iii. Court position
 - iv. Net play
3. Physical fitness development
 - a. Muscle strength
 - b. Muscle endurance
 - c. Aerobics and anaerobic conditioning
 - d. Flexibility
4. Rules and regulations
 - a. Faults
 - b. Court and net
 - c. Scoring
 - d. Service
 - e. Change of ends
 - f. Service court errors
5. Sportsmanship and etiquette
 - a. Mutual respect
 - b. Distracting an opponent
 - c. Joy of competition
 - d. Zeal of excellence
 - e. Rivalry and camaraderie
6. Individual and team philosophy
 - a. Motivation
 - b. Philosophy
 - c. Pride
 - d. Excellence
 - e. Sacrifice
 - f. Success
 - g. Integrity
 - h. Perseverance

Lab Content

1. Groundstrokes
2. Serves
3. Returns
4. Drills
5. Footwork
6. Conditioning
7. Match play

Discipline(s)

Physical Education or Coaching

Special Facilities and/or Equipment

1. Collegiate tennis courts and tennis racquets.
2. When taught as an online distance learning or hybrid section, students and faculty need ongoing and continuous internet and email access. Students may need to secure their own access to equipment specific to the sport.

Method(s) of Evaluation

Methods of Evaluation may include but are not limited to the following:

Subjective assessment of physical skills and performance by direct coach's observation

1. Individual and team verbal critiques
2. Video analysis
3. Student-athlete counseling: academic involvement, athletic department, eligibility
4. Individual improvement, performance, and contribution to the total team effort

Objective assessment of performance

1. Participation in athletic competitions
2. Final evaluations

Method(s) of Instruction

Methods of Instruction may include but are not limited to the following:

Lecture
Discussion
Cooperative learning exercises
Laboratory
Demonstration

Representative Text(s) and Other Materials

. [ITA Official Rulebook 2021-2022](#) .

The most recent edition of the rules will be used; annual updates are available online at <https://www.ncaa.org/sports/2021/2/9/playingrules.aspx>

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

Optional reading, writing, and viewing assignments as recommended by instructor.