

ATHL 45A: PRESEASON CONDITIONING FOR WOMEN'S TENNIS

Foothill College Course Outline of Record

Heading	Value
Units:	2
Hours:	6 laboratory per week (72 total per quarter)
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

- Demonstration and application of strength and conditioning techniques
- Understand the theory of strength and conditioning techniques. (rubric - cognitive)

Description

The development of athletic skills and mental conditioning, which is required to be successful in the intercollegiate sport of tennis.

Course Objectives

The student will be able to:

- Demonstrate the skills necessary to compete on an intercollegiate tennis team at a maximum level of performance.
- Explain the value of sport in developing commitment, self-discipline, self-respect and teamwork and adhere to an athletic code of excellence through exemplary deportment both on and off the field of competition.
- Discuss and demonstrate effective strategies required by the sport of tennis.
- Demonstrate increased strength, endurance, stamina, flexibility, and knowledge of a healthy diet.

Course Content

- Advanced development of fundamental skills applicable to the sport of tennis
 - Individual physical skills relative to tennis
 - Team skill/plays/strategies relative to tennis
- Physical fitness development
 - Muscular development
 - Muscular endurance
 - Cardiovascular fitness
 - Flexibility
 - Nutritional knowledge
- Stress and pressure/mental game
 - Choking and safeguards against pressure
 - When to take chances and when to play it safe
 - Concentration and "the zone"
- Rules

- Video on the rules of tennis
- How to use the rulebook for tennis
- Appropriate behavior during competition
- Practice sessions
 - Individual skills/techniques
 - Team drills/strategies
- Sportsmanship and etiquette
 - Mutual respect
 - Rivalry and camaraderie
 - Zeal for excellence
- Individual and team philosophy
 - Motivation
 - Pride
 - Excellence
 - Sacrifice
 - Success
 - Integrity
 - Perseverance

Lab Content

Activities and drills that promote the student's development in the sport of tennis, such as serving, hitting, practicing footwork.

Special Facilities and/or Equipment

Equipment required for the sport of tennis.

Method(s) of Evaluation

- Physical skills and techniques will be assessed by direct instructor observation
 - Individual and team verbal critiques
 - Video analysis
 - Individual improvement, performance, and contribution to team effort

Method(s) of Instruction

- Lecture presentations and team discussion
- Facilitation of drills and activities that promote learning objectives

Representative Text(s) and Other Materials

None required.

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

Optional reading and writing assignments as recommended by instructor.

Discipline(s)

Physical Education, Coaching