

ATHL 45A: PRESEASON CONDITIONING FOR WOMEN'S TENNIS

Foothill College Course Outline of Record

Heading	Value
Effective Term:	Summer 2023
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

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

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.
- 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:

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

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

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

Representative Text(s) and Other Materials

Kovas, M., P. Roetert, and T. Ellenbecker. Complete Conditioning for Tennis, 2nd ed. 2016.

Although this text is older than the suggested "5 years or newer" standard, it remains a seminal text in this area of study.

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

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

Discipline(s)

Physical Education or Coaching