

# ATHL 45C: FUNCTIONAL FITNESS FOR WOMEN'S TENNIS

## Foothill College Course Outline of Record

Heading	Value
<b>Units:</b>	1
<b>Hours:</b>	3 laboratory per week (36 total per quarter)
<b>Degree &amp; Credit Status:</b>	Degree-Applicable Credit Course
<b>Foothill GE:</b>	Area VII: Lifelong Learning
<b>Transferable:</b>	CSU/UC
<b>Grade Type:</b>	Letter Grade (Request for Pass/No Pass)
<b>Repeatability:</b>	May be taken six times for credit

## Student Learning Outcomes

- Demonstrate and apply "Functional" training as it would apply to tennis.
- Understand the concept of "Functional" training as it would apply to tennis.

## Description

This course will provide advanced training and instruction in the use of weights for the sport of tennis.

## Course Objectives

The student will be able to:

- Participate in a structured and comprehensive program of advanced weight training for the sport of tennis.
- Develop and apply personal and performance goals.
- Employ correct lifting techniques in a variety of advanced resistance exercise techniques for the sport of tennis.
- Demonstrate the differences between a variety of advanced resistance exercise techniques for performance in the sport of tennis.

## Course Content

- Establish performance goals which students are encouraged to work towards.
- Develop knowledge and understanding of various advanced strength training techniques.
  - Super sets
  - Periodizations
  - Negatives
  - Isometric and super slow training
  - Olympic style lifts
- Develop strength through participation in various advanced strength training techniques.
- Develop individualized performance goals which encourage specialization in the sport of tennis.
- Explain physiological and anatomical relationships of weight training effects on the body consistent with the performance goals for the sport of tennis.

## Lab Content

Use of pin-set machines, free weights and functional fitness strengthening exercises, such as lifting, stretching, balancing, squatting (e.g., medicine balls, BOSU, and TRX).

## Special Facilities and/or Equipment

- Free weights
- Squat racks
- Olympic lifting platforms

## Method(s) of Evaluation

The student will demonstrate proficiency by:

- Strength development will be assessed and measured by certain lifts, such as the bench press, squats, and military press.
- Demonstrating the correct form in the olympic lifts used for performance in the sport of tennis.

## Method(s) of Instruction

- Active participation by students and instructor to facilitate an effective learning environment.
- Lecture and/or demonstration.

## 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