

ATHL 45C: FUNCTIONAL FITNESS FOR WOMEN'S TENNIS

Foothill College Course Outline of Record

Heading	Value
Effective Term:	Summer 2023
Units:	1
Hours:	3 laboratory per week (36 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 concept of "Functional" training as it would apply to tennis (rubric - cognitive)
- Demonstrate and apply "Functional" training as it would apply to tennis (rubric - physical checklist)

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.
- 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:

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

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

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

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