

# ATHL 45F: INTERCOLLEGIATE TENNIS II (WOMEN)

## Foothill College Course Outline of Record

Heading	Value
<b>Effective Term:</b>	Summer 2025
<b>Units:</b>	2
<b>Hours:</b>	6 laboratory per week (72 total per quarter)
<b>Advisory:</b>	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.
<b>Degree &amp; Credit Status:</b>	Degree-Applicable Credit Course
<b>Foothill GE:</b>	Area 7: 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

- The student will practice and refine the fundamental strokes and footwork of intercollegiate level tennis. Will practice point patterns of doubles and singles. The student will review basic tennis rules, and concept of doubles formations.
- Upon completion students should be able to demonstrate an understanding of the concepts of singles and doubles play, good sportsmanship, self-discipline and decorum.

## Description

Competitive intercollegiate tennis emphasizing athletic skill and strategy development and performance through conference and post-conference competition. Intended for participants of the women's tennis team.

## Course Objectives

The student will be able to:

1. Perform tennis skills related to each athlete's specialized 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 official rules and their interpretations to enhance performance
7. Display proper sportsmanship 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 positions
    - iv. Net play
    - v. Approach
  - b. Defensive
    - i. Singles
    - ii. Doubles
    - iii. Court positions
    - 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. Serves
2. Returns
3. Volleys
4. Footwork
5. Conditioning

## Special Facilities and/or Equipment

1. Tennis court, appropriate tennis attire.
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 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 activities as determined by the instructor.

## Discipline(s)

Physical Education or Coaching