

PHED 26A: INTERMEDIATE TENNIS

Foothill College Course Outline of Record

Heading	Value
Effective Term:	Summer 2025
Units:	1
Hours:	3 laboratory per week (36 total per quarter)
Advisory:	This course is included in the Individual Sports family of activity courses.
Degree & Credit Status:	Degree-Applicable Credit Course
Foothill GE:	Area 7: Lifelong Learning
Transferable:	CSU/UC
Grade Type:	Letter Grade (Request for Pass/No Pass)
Repeatability:	Not Repeatable

Student Learning Outcomes

- Demonstrate and explain the advanced strategies at the intermediate/advanced tennis level. (rubric -cognitive)
- Perform with increased proficiency the skill sets and techniques of intermediate/advanced tennis. (rubric: checklist)

Description

Intermediate/advanced tennis for competitive play, including covering drills, advanced strategies, techniques, and rules.

Course Objectives

The student will be able to:

1. Identify the rules and etiquette for competitive play
2. Demonstrate increased knowledge in the tennis forehand, backhand, and serving/return skills
3. Develop a marked increase in performance skills for smashing, volleying, lobbing, and net play
4. Analyze different strategies for singles and doubles play
5. Practice drill techniques for conditioning
6. Value tennis as a lifelong learning activity for physical fitness

Course Content

1. Tennis etiquette (Code of Conduct)
 - a. Improper movement at serving point
 - b. Badgering
 - c. Player decisions
 - d. Player courtesy
2. Intermediate tennis motor skills
 - a. Backhand
 - b. Smashing
 - c. Volleying
 - d. Lobbing
 - e. Net play

3. Strategies
 - a. Offensive
 - b. Defensive
 - c. Doubles
 - d. Singles
4. Conditioning drills
 - a. Strength
 - b. Flexibility
 - c. Agility and coordination
 - d. Speed and endurance

Lab Content

1. Tennis etiquette (Code of Conduct)
2. Intermediate tennis motor skills
3. Strategies
4. Conditioning drills

Special Facilities and/or Equipment

1. Tennis racquet, tennis balls, and tennis courts.
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:

Physical skills and techniques will be assessed by direct instructor observation
 Evaluation of critical thinking in offensive and defensive play situations
 Written or oral final exam

Method(s) of Instruction

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

Lecture
 Discussion
 Cooperative learning exercises
 Demonstration as directed by instructor

Representative Text(s) and Other Materials

Brown, J., and Soulier. *Tennis, 4th ed.* 2013.

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

1. Optional reading/writing assignments as determined by the instructor

Discipline(s)

Physical Education