



KINE 123B - Intermediate Tennis Course Outline

Approval Date: 02/13/2020

Effective Date: 08/14/2020

SECTION A

Unique ID Number CCC000616636

Discipline(s) Physical Education

Division Kinesiology & Athletics

Subject Area KINESIOLOGY

Subject Code KINE

Course Number 123B

Course Title Intermediate Tennis

TOP Code/SAM Code 1270.00 - Kinesiology / E - Non-Occupational

Rationale for adding this course to the curriculum Changing subject code to KINE. Changing hours and units, no longer variable. Update Info/SLO/Text

Units 1.5

Cross List N/A

Typical Course Weeks 18

Total Instructional Hours

Contact Hours

Lecture 0.00

Lab 0.00

Activity 54.00

Work Experience 0.00

Outside of Class Hours 27.00

Total Contact Hours 54

Total Student Hours 81

Open Entry/Open Exit No

Maximum Enrollment 25

Grading Option Letter Grade or P/NP

Distance Education Mode of Instruction On-Campus

SECTION B

General Education Information:

SECTION C

Course Description

Repeatability May be repeated 0 times

Catalog Description Intermediate: For the advanced beginner. Concepts and strategy at the intermediate level. Emphasis on forehand and backhand ground strokes, serve, volley, service return, approach shot, half volley, lob and overhead smash.

Schedule Description

SECTION D

Condition on Enrollment

1a. Prerequisite(s): *None*

1b. Corequisite(s): *None*

1c. Recommended

- KINE 123 with a minimum grade of C or better

1d. Limitation on Enrollment: *None*

SECTION E

Course Outline Information

1. Student Learning Outcomes:

- Understand the principles of lifetime fitness and will incorporate fitness activities into a healthy and active lifestyle.
- Acquire knowledge and demonstrate skills to safely engage in physical activity.
- Understand the basic principles of anatomy, physiology, and/or biomechanics and apply the knowledge to movement activity.

2. Course Objectives: Upon completion of this course, the student will be able to:

- Demonstrate knowledge of the rules and etiquette of tennis.
- Understand the strategy and tactics at the beginning and intermediate levels of tennis.
- Demonstrate proficiency of the following intermediate tennis skills: forehand and backhand ground strokes, serve, volley, service return, approach shot, half volley, lob and overhead smash.
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3. Course Content

1. Forehand ground stroke

- Review grip, ready position, pivot and back swing, forward swing, contact and follow through
- Develop footwork and concept of moving to the ball

2. Approach Shot

- Introduce the ready position, pivot, back and forward swing, follow through.
- Develop footwork and concept of when to use the approach shot, and how to move to and through the ball.

3. Half Volley

- A. Introduce the ready position, pivot, shortened swing and follow through.
- B. Develop footwork and concept of when to use the half volley, and how to move to and through the ball.

3. Lob and Smash Shot

- A. Introduce the ready position, approach, swing, shot and follow through.
- B. Develop the footwork and concept of when to use the lob or smash shot within game play, as well as movement to and through the ball.

4. Backhand ground stroke

- A. Review grip, pivot, back swing, forward swing, contact and follow through
- B. Develop footwork and concept of moving to ball

5. Volley

- A. Review grip, ready position, swing, contact and follow through
- B. Develop footwork and concept of moving to ball

6. Serve

- A. Review grip, stance, toss and swing
- B. Develop concept of serve placement, velocity, difficulty
- C. Develop top spin serve

7. Service Return

- A. Ready position
- B. Swing
- C. Contact and follow through, top spin, placement, velocity
- D. Intermediate footwork

8. Competition

- A. Develop concepts of singles and doubles competition
- B. Develop concepts of tournament play

4. Methods of Instruction:

Activity:

Discussion:

Observation and Demonstration:

Other: Demonstrate a backhand, forhand, and serve. Discuss the importance of strategic play within game play.

5. Methods of Evaluation: Describe the general types of evaluations for this course and provide at least two, specific examples.

Typical classroom assessment techniques

- Exams/Tests --
- Quizzes --
- Simulation --
- Class Work --
- Final Exam --
- Mid Term --

Additional assessment information:

1. Please properly demonstrate a lob shot.
2. Please properly demonstrate the approach shot.
3. Survey

Letter Grade or P/NP

6. Assignments: State the general types of assignments for this course under the following categories and provide at least two specific examples for each section.

A. Writing Assignments

Please write about when it might be a good time to use a smash or lob shot.

Please write about the difference between doubles, singles and tournament play.

B. Other Assignments

Handouts

Diagrams

7. Required Materials

A. EXAMPLES of typical college-level textbooks (for degree-applicable courses) or other print materials.

Book #1:

Author: Crespo, M. and Redi, M.

Title: ITF Coaching Beginner and Intermediate Tennis Players

Publisher: International Tennis Federation

Date of Publication: 2015

Edition:

B. Other required materials/supplies.