

# ATHL A259: TENNIS TEAM - MEN'S

Item	Value
Curriculum Committee Approval Date	12/08/2021
Top Code	083550 - Intercollegiate Athletics
Units	3 Total Units
Hours	162 Total Hours (Lab Hours 162)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	Yes; Repeat Limit 3
Grading Policy	Standard Letter (S), • Pass/No Pass (B)
Associate Arts Local General Education (GE)	• OC Life Skills - Activity - AA (OE2)
California State University General Education Breadth (CSU GE-Breadth)	• CSU E2 Activity Course (E2)

## Course Description

Eligibility auditions will be held during the first week of class. This course may be taken four times. Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

## Course Level Student Learning Outcome(s)

1. Demonstrate improvement in tennis by executing the skills, strategies and mental aspects learned throughout the year.
2. Demonstrate commitment to excellence, fair play, and personal responsibility through participation in intercollegiate athletics.

## Course Objectives

- 1. Develop and improve skills for intercollegiate athletic competition in tennis.
- 2. Participate and compete successfully as a member of a team.
- 3. Set personal goals for performance.
- 4. Demonstrate good sportsmanship.
- 5. Identify the values that promote team unity and camaraderie.
- 6. Employ nutritional skills to enhance performance.

## Lecture Content

## Lab Content

To improve and develop skills in all aspects of tennis. To improve knowledge of the game and strategies of tennis. A. Assess skills of the athlete B. Skill Development 1. Groundstrokes 2. Serve 3. Overheads 4. Lobs 5. Volleys C. Rules of the game 1. ITA 2. Orange Empire Conference D. Proper conduct and etiquette E. Mental aspects 1. Focus 2. Imagery

## Method(s) of Instruction

- Lab (04)

## Instructional Techniques

Lecture and discussion, video lectures, field trips, practice sessions, development of attitudes and behavior.

## Reading Assignments

NCAA Rule Guide; Articles related to the sport; handouts on sport skills.

## Writing Assignments

Proficiency demonstration of tennis skills, written assignments on tennis rules, etiquette and tennis psychology.

## Out-of-class Assignments

Continued practice of skills necessary for successful participation at the intercollegiate level of the sport; attendance at athletic competitions.

## Demonstration of Critical Thinking

Test, skill demonstrations, problem solving exercises, successful athletic performance, and tennis skills demonstrations.

## Required Writing, Problem Solving, Skills Demonstration

Proficiency demonstration of tennis skills, written assignments on tennis rules, etiquette and tennis psychology.

## Other Resources

1. Intercollegiate Tennis Association. Friend at Court. 2010 (revised annually) 2. Orange Empire Conference Rules 3. Handouts to be provided and distributed by the instructor