

# KIN A146: TENNIS LEVEL 1

Item	Value
Curriculum Committee Approval Date	12/08/2021
Top Code	083500 - Physical Education
Units	1-1.5 Total Units
Hours	36-54 Total Hours (Lecture Hours 9-13.5; Lab Hours 27-40.5)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	No
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

Instruction and practice in the essential stroke skills, rules, etiquette and competition in singles and doubles for the beginning and intermediate levels. 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 the ability to play a tennis match and score properly.
2. Demonstrate improvement in skills and basic strategies for both singles and doubles.

## Course Objectives

- 1. Demonstrate basic skills and strategies of the game.
- 2. Demonstrate knowledge of rules and etiquette.
- 3. Develop an appreciation for the game.
- 4. Demonstrate intermediate skills and strategies of the game.
- 5. Improve skill level.

## Lecture Content

History and background of the game Terminology specific to tennis Equipment Parts of the racket Areas of the court Accessories Rules and scoring Learning strokes, racket head in space while learning balance and movement Generating power Aiming Shot selection Shot placement Etiquette Singles play, positioning Doubles play, positioning Where to put the ball Anticipation

## Lab Content

Forehand Backhand Grips and changing grips Foodwork drills Serve Keeping the ball in play Practicing ball placement Volley Overheads Lobs Singles play Doubles play Scoring

## Method(s) of Instruction

- Lecture (02)
- Lab (04)

## Instructional Techniques

Lectures, instructor demonstrations, instructor feedback and evaluation, handouts, and discussions.

## Reading Assignments

Students will spend approximately 1 hour a week reading from instructor handouts or self directed readings related to the topic.

## Out-of-class Assignments

Continued practice of the serve. Continued practice of the forehand groundstroke. Continued practice of the backhand groundstroke. Continued practice of scoring a game, set and match. Students will spend approximately 3 hours a week completing conditioning programs outside of class meetings.

## Demonstration of Critical Thinking

Performance of tennis skills, skills tests, and written test on terminology, scoring and strategy.

## Required Writing, Problem Solving, Skills Demonstration

Performance of tennis skills, skills tests, and written test on terminology, scoring, and strategy.

## Eligible Disciplines

Physical education: Masters degree in physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education, OR bachelors degree in any of the above AND masters degree in any life science, dance, physiology, health education, recreation administration, or physical therapy OR the equivalent. Masters degree required.

## Other Resources

1. USTA Yearbook, latest
2. USTA Tennis Magazine, monthly.