



El Camino College

COURSE OUTLINE OF RECORD - Official

I. GENERAL COURSE INFORMATION

Subject and Number: Physical Education 116ABC
Descriptive Title: Off-Season Training for Women's Intercollegiate Tennis Team

Course Disciplines: Physical Education
or Coaching

Division: Health Sciences and Athletics

Catalog Description: This course provides instruction, training, and practice in the advanced techniques of tennis. All students will engage in an off-season program emphasizing instruction, skill development, strength training, and conditioning.

Note: This course is offered in the fall semester and summer session only.

Conditions of Enrollment: Recommended Preparation
High school varsity experience or equivalent skill.

Course Length: Full Term Other (Specify number of weeks):
Hours Lecture: 0 hours per week TBA
Hours Laboratory: 3.00 hours per week TBA
Course Units: 1.00

Grading Method: Letter
Credit Status: Associate Degree Credit

Transfer CSU: Effective Date: Prior to July 1992
Transfer UC: Effective Date: Spring 1994

General Education:
El Camino College: 5 – Health and Physical Education
Term: _____ Other: _____

CSU GE: _____
IGETC: _____

II. OUTCOMES AND OBJECTIVES

A. COURSE STUDENT LEARNING OUTCOMES (The course student learning outcomes are listed below, along with a representative assessment method for each. Student learning outcomes are not subject to review, revision or approval by the College Curriculum Committee)

1. Students will identify fundamental components of tennis strokes that are necessary to perform at an advanced level and determine practice strategies for improvement.
2. Students will identify tennis stroke components and execute the strokes with a consistency necessary to perform at an advanced level.
3. Students will identify and demonstrate tennis related fitness components such as aerobic conditioning at a level necessary to compete with advanced players.

The above SLOs were the most recent available SLOs at the time of course review. For the most current SLO statements, visit the El Camino College SLO webpage at <http://www.elcamino.edu/academics/slo/>.

B. Course Student Learning Objectives (The major learning objective for students enrolled in this course are listed below, along with a representative assessment method for each)

1. Understand and apply the rules of intercollegiate tennis competition appropriately.
Class Performance
2. Analyze and perform fundamental strokes such as the forehand and backhand in both offensive and defensive situations.
Class Performance
3. Analyze and perform fundamental skills such as serve, serve and volley, overhead smash, and passing shot and perform them at competitive speed.
Class Performance
4. Design an off-season tennis training program utilizing a combination of tennis drills and sport specific conditioning drills.
Presentation

III. OUTLINE OF SUBJECT MATTER (Topics are detailed enough to enable a qualified instructor to determine the major areas that should be covered as well as ensure consistency from instructor to instructor and semester to semester.)

Lecture or Lab	Approximate Hours	Topic Number	Major Topic
Lab	4	I	Course Orientation A. Safety precautions for practice and competition B. Tennis rules and regulations C. Tennis etiquette
Lab	12	II	Ground Stroke Fundamentals for Offense and Defense A. Forehand and backhand B. Serve C. Serve and volley D. Overhead smash, lob, and passing shots
Lab	10	III	Conditioning A. Jogging B. Sprints

			C. Up-tempo tennis drills D. Strength exercises
Lab	6	IV	Specialty shots A. Drop B. Slice C. Off-speed shots D. Application of power
Lab	12	V	Offensive and Defensive Strategies A. Singles B. Doubles
Lab	10	VI	Class Tournament Games A. Singles competition B. Doubles competition C. Player evaluation and analysis
Total Lecture Hours		0	
Total Laboratory Hours		54	
Total Hours		54	

IV. PRIMARY METHOD OF EVALUATION AND SAMPLE ASSIGNMENTS

A. PRIMARY METHOD OF EVALUATION:

Skills demonstrations

B. TYPICAL ASSIGNMENT USING PRIMARY METHOD OF EVALUATION:

Describe and demonstrate the tennis skills in the forehand, backhand, power serve and lob, drop and spin shots.

C. COLLEGE-LEVEL CRITICAL THINKING ASSIGNMENTS:

1. Observe a demonstration of a player executing a power serve and volley. Analyze the mechanics, identify faults, and suggest any corrective action necessary to the instructor.
2. Create a play to demonstrate in class the proper singles position for a player executing a forehand passing shot.

D. OTHER TYPICAL ASSESSMENT AND EVALUATION METHODS:

Class Performance

V. INSTRUCTIONAL METHODS

Demonstration

Lecture

Multimedia presentations

Other (please specify)

Multimedia analysis of class tournament

Multimedia analysis of elite athletes

Supervised drills and class competition

Note: In compliance with Board Policies 1600 and 3410, Title 5 California Code of Regulations, the Rehabilitation Act of 1973, and Sections 504 and 508 of the Americans with Disabilities Act, instruction delivery shall provide access, full inclusion, and effective communication for students with disabilities.

VI. WORK OUTSIDE OF CLASS

Course is lab only - minimum required hours satisfied by scheduled lab time and estimated student hours outside of class per week is zero.

Estimated Independent Study Hours per Week:

VII. TEXTS AND MATERIALS

- A. UP-TO-DATE REPRESENTATIVE TEXTBOOKS
- B. ALTERNATIVE TEXTBOOKS
- C. REQUIRED SUPPLEMENTARY READINGS
- D. OTHER REQUIRED MATERIALS

VIII. CONDITIONS OF ENROLLMENT

A. Requisites (Course and Non-Course Prerequisites and Corequisites)

Requisites	Category and Justification
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B. Requisite Skills

Requisite Skills

C. Recommended Preparations (Course and Non-Course)

Recommended Preparation	Category and Justification
Non-Course Recommended Preparation High school varsity experience or equivalent skill.	Students who have demonstrated the skills and abilities for enrollment in the athletic development course will have a greater ability to succeed based on the following areas. Student will have a comprehensive understanding of the rules and regulations of the athletic sport. The student will understand tactics, alignments and strategies of play. This individual will also be aware of phases of conditioning, and proper implementation of health and safety requirements.

D. Recommended Skills

Recommended Skills
High school varsity experience or equivalent skill

E. Enrollment Limitations

Enrollment Limitations and Category	Enrollment Limitations Impact
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Course created by Mark Thomas on 01/25/2018.

BOARD APPROVAL DATE: 03/12/1990

LAST BOARD APPROVAL DATE: 05/21/2018

Last Reviewed and/or Revised by Stephen VanKanegan on 01/25/2018

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