



El Camino College

COURSE OUTLINE OF RECORD - Official

I. GENERAL COURSE INFORMATION

Subject and Number: Physical Education 251A
Descriptive Title: Beginning Tennis

Course Disciplines: Physical Education

Division: Health Sciences and Athletics

Catalog Description: This course offers tennis instruction, practice, and competitive play that is suited for the beginning player. Basic strokes, rules of the game, tactics, and strategies for singles and doubles play will be presented with the aim of improving the student's current ability level.

Conditions of Enrollment: *You have no defined requisites.*

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: Prior to July 1992

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

CSU GE: E - Lifelong Understanding and Self-Development
Term: Fall 1997 Other: _____

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. Student will identify and explain the rules for the game of Tennis.

2. Student will demonstrate proper stroke technique for the forehand stroke and backhand stroke.
3. Students will demonstrate an improvement in cardiovascular fitness.

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. Demonstrate basic racquet grips and strokes for the forehand, backhand, volley, and service.
Class Performance
2. Prepare a specific warm-up and stretching program for injury prevention.
Presentation
3. Apply the rules of tennis during singles and doubles play.
Class Performance
4. Develop game strategy for singles and doubles play.
Class Performance
5. Demonstrate improvement in tennis skills, tactics, and enforcement of rules in singles and doubles competition.
Class Performance

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	3	I	Class Orientation A. Basic rules B. Scoring C. Terminology D. Etiquette
Lab	3	II	Tennis Grips A. Forehand B. Backhand
Lab	15	III	Groundstrokes A. Forehand drives B. Backhand drives C. Forehand lobs D. Backhand lobs
Lab	9	IV	Serves A. Grip

			B. Flat C. Target area D. Serve and volley
Lab	3	V	Footwork A. Sideways B. Up and back
Lab	6	VI	Volleys A. Grips B. Forehand C. Backhand
Lab	6	VII	Overhead Strokes A. Forehand smash B. Backhand smash
Lab	9	VIII	Tactics and Strategies for Singles and Doubles A. Baseline game B. Serve and volley C. Attacking play D. Defensive play
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:

Demonstrate and verbally explain to the instructor the basic components of a forehand drive.

C. COLLEGE-LEVEL CRITICAL THINKING ASSIGNMENTS:

1. During game competition choose appropriate game tactics to exploit an opponent's weaknesses.
2. Describe to instructor a scenario during singles play in which you would attack the net following service to take advantage of your opponent's return.

D. OTHER TYPICAL ASSESSMENT AND EVALUATION METHODS:

Performance exams

Objective Exams
Other exams
Quizzes
Class Performance
Multiple Choice
Completion
Matching Items
True/False

V. INSTRUCTIONAL METHODS

Demonstration
Discussion
Group Activities
Laboratory
Lecture
Multimedia presentations
Role Play
Simulation
Other (please specify)
 Video analysis of tennis strokes.

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: 0

VII. TEXTS AND MATERIALS

A. UP-TO-DATE REPRESENTATIVE TEXTBOOKS

B. ALTERNATIVE TEXTBOOKS

C. REQUIRED SUPPLEMENTARY READINGS

Physical Education 251 handout: Rules, Etiquette, Scoring, Strategy, and Skills

D. OTHER REQUIRED MATERIALS

VIII. CONDITIONS OF ENROLLMENT

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

Requisites	Category and Justification
B. Requisite Skills	
Requisite Skills	
C. Recommended Preparations (Course and Non-Course)	
Recommended Preparation	Category and Justification
D. Recommended Skills	
Recommended Skills	
E. Enrollment Limitations	
Enrollment Limitations and Category	Enrollment Limitations Impact

Course created by Doreen Pesusich on 02/20/2014.

BOARD APPROVAL DATE:

LAST BOARD APPROVAL DATE: 05/21/2018

Last Reviewed and/or Revised by John Britton on 02/20/2014

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