



El Camino College

COURSE OUTLINE OF RECORD - Official

I. GENERAL COURSE INFORMATION

Subject and Number: Physical Education 66ABC
Descriptive Title: Off-Season Training for Men'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: E - Lifelong Understanding and Self-Development
Term: Fall 2010 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. 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 demonstrate 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 and anaerobic 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.
Oral exams
- 2. Analyze and perform ground strokes such as the forehand and backhand in both offensive and defensive situations.
Class Performance
- 3. Analyze offensive and defensive strategies utilized in tennis.
Performance exams
- 4. Demonstrate an off-season tennis strength and conditioning program utilizing a combination of tennis drills and running workout.
Class Performance
- 5. Understand and apply the rules of tennis etiquette as described in the United States Tennis Association Code of Ethics.
Class Performance
- 6. Analyze and perform serve variations (flat and spin serves) in both offensive and defensive situations.
Class Performance
- 7. Understand and apply specific doubles strategies.
Class Performance
- 8. Analyze an opponent's strengths and weaknesses.
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
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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 to the instructor any necessary corrections.

2. Create and demonstrate a situation that focuses on proper shot selection for a player executing a forehand passing shot.

D. OTHER TYPICAL ASSESSMENT AND EVALUATION METHODS:

- Oral exams
- Class Performance

V. INSTRUCTIONAL METHODS

- Demonstration
- Group Activities
- Lecture
- Multimedia presentations
- Other (please specify)
 - Analysis of class tournament
- Analysis of elite athletes
- Supervised drills and class competitions

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

- Skill practice

Estimated Independent Study Hours per Week: 1

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	Students who have demonstrated the skills and abilities for enrollment in the athletic development course will have a greater ability to succeed based on

Preparation High school varsity experience or equivalent skill	the following areas. Student will have a comprehensive understanding of the rules, regulations, tactics, techniques, and conditioning for the sport of tennis.
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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 09/01/1989.

BOARD APPROVAL DATE: 02/12/1990

LAST BOARD APPROVAL DATE:

Last Reviewed and/or Revised by Stephen VanKanegan on 10/20/2012