

CUYAMACA COLLEGE
COURSE OUTLINE OF RECORD

Exercise Science 224 – Intercollegiate Tennis

10 hours laboratory, 3 units

Catalog Description

Intercollegiate competition in the sport of tennis. Instruction in specific skills, performance techniques and strategies, as well as daily practice, development of physical fitness, team travel and competition against other collegiate institutions. Open to all students who wish to compete at the intercollegiate level. *Athletic insurance fee is required.*

Prerequisite

Tryout

Course Content

- 1) Analysis, development and application of individual and team skills, offensive/defensive techniques, strategies and rules through instruction and practice.
- 2) Development of physical fitness and the necessary conditioning for competitive tennis.
- 3) Preparation for and participation in competition at the conference, regional and state levels.
- 4) Participate in home and away contests that continually challenge the student-athletes to successfully apply all they learn and practice in class.
- 5) Active participation in the Student Athlete Academic Support Program as established by Athletics Department.

Course Objectives

Students will be able to:

- 1) Apply competitive skills training and strategic decision-making to improve performance during practice and competitive events.
- 2) Display improvement in strength and fitness based on objective physical tests such as the one repetition-max strength test.
- 3) Discuss the physical and mental aspects of competitive participation in tennis in order to improve teamwork and sportsmanship.
- 4) Identify appropriate preventive and treatment options for maintaining injury-free competition and optimal health.

Method of Evaluation

A grading system will be established by the instructor and implemented uniformly. Grades will be based on demonstrated proficiency in subject matter determined by multiple measurements for evaluation, one of which must be written exams, skills demonstration or, where appropriate, the symbol system.

- 1) Objective performance evaluations that measure students' ability to improve overall strength, fitness and competitive skills during practice and intercollegiate events over the course of the tennis season.
- 2) Competitive team building activities that measure students' ability to demonstrate effective teamwork and sportsmanship during practice and intercollegiate matches.
- 3) Written and/or oral exams that measure students' ability to describe the physical and mental aspects of intercollegiate tennis competition and explain appropriate strategies for maintaining optimal health and injury-free competition.

Special Materials Required of Student

- 1) Athletic insurance fee
- 2) Practice attire, tennis shoes

Minimum Instructional Facilities

- 1) Ten official standard 78' x 36' courts with net, net straps
- 2) USTA approved tennis balls
- 3) Shower/locker facilities

Method of Instruction

- 1) Lecture and demonstration
- 2) Individual, group practice
- 3) Videotape, film
- 4) Intercollegiate match and tournament play

Out-of-Class Assignments

- 1) **Reading:** assigned articles on injury prevention, nutrition, hydration, and mental preparation for competition; other multimedia.
- 2) **Writing:** N/A
- 3) **Other:** review plays and strategies for competition; analyze competitive tennis (as seen live and in available media).

Texts and References

- 1) Required (representative example): United States Tennis Association. (2025). *USTA rules and regulations*. United States Tennis Association.
- 2) Supplemental: Provided by instructor

Student Learning Outcomes

Upon successful completion of this course, students will be able to:

- 1) Explain the terms, strategies, rules, and standards related to tennis at the intercollegiate level.
- 2) Demonstrate the skills, fitness level, and injury prevention strategies necessary for playing tennis at the intercollegiate level.