

Lecture Contact Hours: 16-18; Homework Hours: 32-36;
Laboratory Contact Hours: 16-18; Homework Hours: 0;
Total Student Learning Hours: 64-72

CUYAMACA COLLEGE
COURSE OUTLINE OF RECORD

EXERCISE SCIENCE 076B – INTERMEDIATE TENNIS

1 hour lecture, 1 hour laboratory, 1 unit

Catalog Description

Continuation of ES 076A with an emphasis on individual stroke analysis, playing strategy and match play, singles and doubles.

Prerequisite

None

Recommended Preparation

"C" grade or higher or "Pass" in ES 076A or equivalent

Entrance Skills

Without the following skills, competencies and/or knowledge, students entering this course will be highly unlikely to succeed:

- 1) Demonstrate fundamental grips, footwork, and racquet work leading to the development of competency in the forehand stroke, backhand stroke, service stroke and volley.
- 2) Demonstrate a basic understanding of the strategy in the game of singles and doubles.
- 3) Demonstrate knowledge of the correct rules of play and scoring.

Course Content

- 1) Explaining and practicing the grip, footwork and swing to increase pace for forehand, backhand, spin and flat serves, volley and lob.
- 2) Practicing match play strategy that provides an advantage for player(s) by playing singles and doubles.
- 3) Reviewing rules for singles and doubles play.
- 4) Developing the concepts of playing the various tie-break procedures in match play

Course Objectives

Students will be able to:

- 1) Describe the rules of play, codes of behavior and general tennis etiquette practiced at various different levels of the game.
- 2) Demonstrate appropriate court coverage strategies in singles and doubles play in a competitive class tournament setting including up/back and side/side rotation.
- 3) Demonstrate individual performance skills such as: forehand, backhand, volley, lob, and serve (spin and flat) for singles and doubles play.
- 4) Assess the relationship between physical fitness and good health, and apply the skills gained in class to promote good health and fitness throughout the lifespan.

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.

- 1) Quizzes and exams that measure students' ability to identify, explain, describe and/or provide examples of the rules, ethics and strategies of play for tennis and how they apply to both singles and doubles games.
- 2) Objective testing that measures students' skills proficiency and improvement in play.
- 3) Objective assessment of student participation and performance in class competitions and tournaments (singles and doubles) based on the following criteria: appropriate use of rules and scoring, sportsmanship and teamwork, and skills development and improvement.
- 4) In class activities and/or homework assignments that measure students' ability to evaluate the relationship between physical fitness and health throughout the lifespan.

Special Materials Required of Student

Proper attire, tennis shoes, tennis balls

Minimum Instructional Facilities

Tennis courts (10), tennis rackets, practice balls, ball machine

Method of Instruction

- 1) Lecture and demonstration
- 2) Lab practice
- 3) Films
- 4) Videotape analysis

Out-of-Class Assignments

- 1) Assigned reading
- 2) Multimedia
- 3) Goals paper
- 4) Analysis of competitive tennis (as seen live and in available media)

Texts and References

- 1) Required (representative example): Hill, Cade. *Tennis for Beginners*. 1st edition. Independently published, 2023.
- 2) Supplemental: As provided by instructor

Exit Skills

Students having successfully completed this course exit with the following skills, competencies and/or knowledge:

- 1) Demonstrate pace, control and competency in the forehand, backhand, spin and flat serves, volley and lob.
- 2) Demonstrate the fundamental grips, footwork and swing to increase pace for forehand, backhand, spin and flat serves, volley and lob.
- 3) Demonstrate strategy involved in singles and doubles match play that provides an advantage for the player(s).

Student Learning Outcomes

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

- 1) Demonstrate individual performance skills such as: forehand, backhand, volley, lob, and serve (spin and flat) for singles and doubles play.
- 2) Describe the rules of play, codes of behavior and general tennis etiquette practiced at various different levels of the game.
- 3) Apply match play strategy that provides an advantage for player(s) by playing singles and doubles.