

CUYAMACA COLLEGE
COURSE OUTLINE OF RECORD

EXERCISE SCIENCE 076A – BEGINNING TENNIS

1 hour lecture, 1 hour laboratory, 1 unit

Catalog Description

Presentation of the official singles and doubles games including basic strokes, rules, strategy and etiquette.

Prerequisite

None

Course Content

- 1) Explain and practice the grip, footwork and swing related to the forehand, backhand, serve, volley
- 2) Review all rules for singles and doubles play
- 3) Recognize patterns of play and strategy situations in singles and doubles
- 4) Develop shot competency using the tennis ball machine

Course Objectives

Students will be able to:

- 1) Describe the rules of play, codes of behavior, and scoring for tennis and explain how these apply to singles and doubles games.
- 2) Identify the basic strategies of court coverage for singles and doubles play and utilize these strategies to improve court play.
- 3) Demonstrate individual performance skills for singles and doubles play (including basic footwork and strokes for serve and play, and demonstrate proficiency and improvement of these skills throughout the semester.
- 4) Apply the above knowledge and performance-based skills to competitively engage in class competitions and tournaments.
- 5) Assess the relationship between physical fitness and good health and apply the skills gained in class to promote good health and fitness throughout one's 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 or, where appropriate, the symbol system.

- 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 skills testing that measure students' proficiency and improvement in the following: strategic court coverage, basic footwork, and strokes for serve and play.
- 3) Objective assessment of students' 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 good health throughout one's 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) Multimedia

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): None
- 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 fundamental grips, footwork, and racquet work leading to the development of competency in the forehand stroke, backhand stroke, service stroke and volley as measured by objective skills testing, subjective evaluation, written assignments, and class tennis play.
- 2) Demonstrate a basic understanding of the strategy in the game of singles and doubles as measured by subjective evaluation, written assignments, and class tournaments.
- 3) Demonstrate knowledge of the correct rules of play and scoring as measured by written assignments, subjective evaluation, and class tournaments.
- 4) Explain the importance of physical conditioning, stretching and warm-up as measured by subjective evaluation and written assignments.

Student Learning Outcomes

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

- 1) Define tennis terms.
- 2) Describe tennis scoring.
- 3) Identify appropriate tennis etiquette.
- 4) Demonstrate tennis skills, appropriate for competition, recreation, and fitness-enhancing play at the beginning level.