

**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 as measured by objective skills testing, subjective evaluation, written assignments and class tennis play.
- 2) Demonstrate 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.

**Course Content**

- 1) Review and practice individual skills
- 2) Practice match play strategy by playing singles and doubles tournaments
- 3) Explain and practice the more advanced competencies of doubles net play
- 4) Develop 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, smash, lob, and serve 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 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 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): 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 increasing control and competency in the forehand, backhand, service and volley as measured by objective skills testing, subjective evaluation, written assignments and class singles and doubles tournaments.
- 2) Demonstrate the fundamental grips, footwork and racquet work leading to the development of competency in the overhead smash, lob and half volley as measured by subjective evaluation, written assignments and class tournaments.
- 3) Demonstrate continuing expertise in the strategy involved in singles and doubles match play as measured by subjective evaluation, written assignments and class singles and doubles tournaments.

### **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 for singles and doubles.
- 4) Demonstrate tennis skills, appropriate for competition, recreation, and fitness-enhancing play at the intermediate level.