

**CUYAMACA COLLEGE**  
**COURSE OUTLINE OF RECORD**

**EXERCISE SCIENCE 076C – ADVANCED TENNIS**

1 hour lecture, 1 hour laboratory, 1 unit

**Catalog Description**

Continuation of ES 076B with an emphasis on advanced techniques, strategy and match play for singles, doubles and mixed doubles.

**Prerequisite**

None

**Recommended Preparation**

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

**Entrance Skills**

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

- 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.

**Course Content**

- 1) Review and practice of the following skills: footwork, grip and stroke production for the forehand, backhand serves, volley, lob, half volley and smash
- 2) Develop strategy of offensive and defensive tactics in singles and doubles match play
- 3) Explain and practice doubles coaching techniques
- 4) Develop concepts of mixed double play

**Course Objectives**

Students will be able to:

- 1) Describe the rules of play, codes of behavior, and specific tennis etiquette practiced at high level tennis competitions.
- 2) Demonstrate appropriate offensive and defensive tactics and strategies of doubles, singles and mixed doubles play in a competitive tournament setting.
- 3) Demonstrate improvement in individual performance skills including fundamental and advanced skills, e.g., forehand, backhand, volley, smash, lob, serve.
- 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 skills testing that measures students' proficiency and improvement in all fundamental and advanced skills of tennis as well as offensive and defensive tactics and strategies of doubles, singles and mixed doubles tennis in a competitive setting.
- 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 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, racket

### **Minimum Instructional Facilities**

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

### **Method of Instruction**

- 1) Lecture and demonstration
- 2) Lab practice, drills
- 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

### **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 advanced level.