

# BUTTE COLLEGE

## COURSE OUTLINE

### I. CATALOG DESCRIPTION

**KIN 62 - Tennis**

**1.5 Unit(s)**

**Prerequisite(s):** NONE

**Recommended Prep:** NONE

**Transfer Status:** CSU/UC

17 hours Lecture

34 hours Lab

This course provides instruction in the fundamental skills and techniques of tennis. Emphasis will be placed upon the skills of service and receive, forehand, backhand, and volleys. Court, opponent strategy, etiquette, and the basic rules of play will be introduced and practiced through match play.

### II. OBJECTIVES

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

- A. define and apply the basic rules and etiquette of tennis.
- B. demonstrate the basic skills of serve and receive, forehand, backhand, and volleys.
- C. organize and employ an individual workout plan to foster tennis proficiency.
- D. analyze and formulate a strategy to compete in tennis in singles or doubles play.
- E. identify and distinguish sound play through observation of a tennis match across different levels of competition.

### III. COURSE CONTENT

#### A. Unit Titles/Suggested Time Schedule

#### Lecture

<u>Topics</u>	<u>Hours</u>
1. Orientation	1.00
2. History of the Game	1.00
3. Rules— Point, Game, Set and Match	2.00
4. Etiquette and Sportsmanship	1.00
5. Basic Skills— Grip, Stance and Footwork	2.00
6. Basic Strokes	4.00
7. Service and Receive	1.00
8. Strategy	1.00
9. Singles Play	3.00
10. Doubles Play	1.00
Total Hours	17.00

#### Lab

<u>Topics</u>	<u>Hours</u>
1. Orientation	3.00
2. Rules- Point, Game, Set and Match	2.00
3. Ettiquette and Sportsmanship	3.00
4. Basic Skills- Grip, Stance, and Footwork	7.00

5. Basic Strokes	6.00
6. Service and Receive	4.00
7. Strategy	1.00
8. Singles Play	4.00
9. Doubles Play	4.00
Total Hours	34.00

#### **IV. METHODS OF INSTRUCTION**

- A. Lecture
- B. Class Activities
- C. Homework: Students are required to complete two hours of outside-of-class homework for each hour of lecture
- D. Discussion
- E. Demonstrations
- F. Multimedia Presentations

#### **V. METHODS OF EVALUATION**

- A. Demonstration
- B. Homework
- C. Class participation
- D. Written or Oral Examinations
- E. Practical Evaluations
- F. Class Discussion

#### **VI. EXAMPLES OF ASSIGNMENTS**

- A. Reading Assignments
  - 1. Research an internet article that outlines the history of tennis and the impact the sport has had on society. Be prepared to discuss in small groups.
  - 2. Review the rules of tennis and proper etiquette of players during singles and doubles match play. Plan to explain rules/etiquette in class.
- B. Writing Assignments
  - 1. Write an individual workout plan that spans a six week cycle. Please identify cardiovascular training, strength training, and sport specific training.
  - 2. Write a brief essay identifying at least three major changes in tennis in the past 30 years.
- C. Out-of-Class Assignments
  - 1. Perform a portion (minimum of 2 weeks) of your individual workout plan and maintain a journal documenting changes in body composition and play.
  - 2. View a major tennis event and report your observations as they address etiquette, rules, and match play.

#### **VII. RECOMMENDED MATERIALS OF INSTRUCTION**

Materials Other Than Textbooks:

- A. The student will be required to provide:
  - a. Athletic apparel b. Tennis or court shoes
- B. Other materials and/or equipment will be provided by the department.