

Las Positas College
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Course Outline for KIN TN

TENNIS

Effective: Spring 2008

I. CATALOG DESCRIPTION:

KIN TN — TENNIS — 0.50 - 2.00 units

Basic fundamentals of tennis including the forehand, backhand and serve. Includes singles and doubles strategy. Open to all levels of skill.

0.50 - 2.00 Units Lab

Grading Methods:

Discipline:

	MIN	MAX
Lab Hours:	27.00	108.00
Total Hours:	27.00	108.00

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 4

III. PREREQUISITE AND/OR ADVISORY SKILLS:

IV. MEASURABLE OBJECTIVES:

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

- Demonstrate the grips and the correct footwork as defined by a USTA checklist;
- Demonstrate an increase in the level of physical conditioning necessary for tennis, based on a shuttle run performance test;
- Identify the tennis court lines, areas and dimensions based on an oral exam;
- Execute and demonstrate the correct placement of the forehand, backhand, and serve;
- Demonstrate team play, sportsmanship and other social values related to singles and doubles competition.

V. CONTENT:

- Pre-season conditioning
- Early season team preparation
- Practice and intercollegiate competition
- Evaluation and post-season activities
- Review components of the four-count system for tennis strokes
 - The short backswing
 - The step forward
 - Making contact with the ball
 - The follow through
- Review checklist for footwork
 - Keep your feet moving; never stand still.
 - Use your eyes. Try to see the ball as soon as it comes off your opponent's racket.
 - Glide to the ball while you continually watch it.
 - Cross over with your front foot just before contact.
 - After hitting the ball, recover quickly, and balance the court by taking a position that will cut off your opponent's angle shots.

VI. METHODS OF INSTRUCTION:

- Lecture** -
- Demonstration** -
- Discussions concerning strategies involved in the sport of tennis
- Handouts that show the correct grip for the forehand, backhand and serve
- Student participation in game situations
- Individual, small group, and entire class drills and activities to enhance student skills 1. Forehand 2. Backhand 3. Serve

VII. TYPICAL ASSIGNMENTS:

A. Read chapters 4 and 5, and be able to orally review with a group the material covered in those chapters. B. After the instructor gives a short lecture on chapters 4 and 5 regarding the footwork and forehand, he/she will review the components of the four-count system for tennis strokes. Students will then demonstrate and discuss each of these components for each shot, and will be asked to explain why this helps to develop the proper timing for tennis strokes. C. Do a warm-up of the major muscles. Explain to the class or small group which muscles are utilized while playing tennis. Discuss and demonstrate this further in small groups. D. Students will be asked to explain and demonstrate the components of good footwork.

VIII. EVALUATION:

A. **Methods**

1. Exams/Tests
2. Class Participation
3. Other:
 - a. Physical evaluation
 - b. Skill improvement
 - c. Participation on court
 - d. Written final exam covering rules, etiquette, footwork, forehand, backhand, serving, singles and doubles
 - e. Student participation will be evaluated daily

B. **Frequency**

IX. TYPICAL TEXTS:

1. Bassett, G. and W. Otta *Tennis Today.*, Wadsworth, 2004.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Basic athletic clothes
- B. Tennis racket
- C. Tennis shoes