

Las Positas College  
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## Course Outline for KIN TN1

### INTRODUCTORY TENNIS

Effective: Fall 2015

#### I. CATALOG DESCRIPTION:

KIN TN1 — INTRODUCTORY TENNIS — 1.00 - 2.00 units

This course is an introduction to the game of Tennis. The rules, regulations, etiquette, equipment required and appropriate apparel will be presented. The fundamentals of tennis including footwork, forehand, backhand and service will be taught and developed. Discussion of the terminology, scoring and singles versus doubles play are included. Beginning to Intermediate level players would benefit from this skills course. This course will be offered off campus at a designated tennis court location.

1.00 - 2.00 Units Lab

#### Grading Methods:

#### Discipline:

	<u>MIN</u>	<u>MAX</u>
<b>Lab Hours:</b>	54.00	108.00
<b>Total Hours:</b>	54.00	108.00

#### II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 1

#### III. PREREQUISITE AND/OR ADVISORY SKILLS:

#### IV. MEASURABLE OBJECTIVES:

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

- A. Articulate the rules, regulations and etiquette of the game of tennis
- B. Exhibit appropriate skill sets for the forehand, backhand, volley and service
- C. Discuss the scoring terminology and score games correctly
- D. Identify the court dimensions and specific lines on the court itself.
- E. Define the specific terminology related to tennis
- F. Distinguish between singles play versus doubles play

#### V. CONTENT:

- A. Introduction to the rules, regulations and etiquette of the game of tennis.
- B. Selection of appropriate apparel and rackets and the importance of having "fresh"/new tennis balls.
- C. Fundamental Skills Set
  - 1. Footwork required for various shots/techniques
  - 2. Forehand
    - a. various grips (3)
    - b. single handed grip
  - 3. Backhand
    - a. various grips
    - b. single versus two handed
  - 4. Volley at the net
  - 5. Service
    - a. grips of specific serve selected
    - b. Overhand
      - 1. location of serve into opponent's court
      - 2. power of serve from legs/body
  - 6. Terminology of the Sport of Tennis
    - a. scoring terminology
      - 1. Match, Sets, Games
      - 2. Love = 0, 15, 30, & 40
      - 3. Deuce =when score is tied at 40-40
      - 4. All , Ad In and Ad Out
    - b. Court dimensions and Lines
      - 1. Baseline
      - 2. Service Line
      - 3. Singles versus Double side lines
    - c. Fault

#### VI. METHODS OF INSTRUCTION:

- B. Classroom Activity -**
- C. Lecture -**
- D. Skill development drills and activities to enhance the techniques of the forehand, backhand, volley, and footwork.
- E. Individualized Instruction -**
- F. Observation and Demonstration -**

#### VII. TYPICAL ASSIGNMENTS:

- A. Read Chapters in text that are pertinent to skill technique being taught in class on a given day.
- B. Perform skills assessments through out semester to determine improvement and progress.
- C. Research the history of the game.
- D. Examination on rules, regulation and scoring.
- E. Describe the difference in singles play and doubles play.

#### VIII. EVALUATION:

##### A. **Methods**

- 1. Exams/Tests
- 2. Class Participation
- 3. Class Performance
- 4. Other:
  - a. Assess individuals level of fitness for the game of tennis
  - b. Skills exam will be given to determine improvement and progress
  - c. Attendance and active participation are expected each class
  - d. Written final exam covering rules, etiquette, footwork, forehand, backhand, serving, singles and doubles

##### B. **Frequency**

- 1. Student's physical fitness will be done at the beginning of the course
- 2. Skill exams will be conducted throughout the semester as needed
- 3. Daily attendance will be taken and noted
- 4. Written final exam during finals week

#### IX. TYPICAL TEXTS:

- 1. Gitlin, Marty. *Tennis (Best Sport Ever)*. First ed., Abdo Publishing Company, 2012.
- 2. Woods, Jeremy. *Tennis: Skills, Tactics, & Techniques*. First ed., Crowood Press, The, 2014.
- 3. Harshana, Ranil. *Tennis Fitness*. First ed., CreateSpace Independent Publishing Platform, 2014.
- 4. Halfmann, Philipp. *Advanced Concepts of Strength & Conditioning for Tennis*. First ed., IAAPH GmbH, 2012.

#### X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. appropriate attire, footwear and racket for class.
- B. off-site location: bring a towel and water bottle.
- C. internet access for reference materials, videos and Blackboard for instructor postings as needed.