Glendale Community College

Athletic Physical

Education 135- In-Season Training for Intercollegiate

Men's Tennis

Instructor: Bob Mackay

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Office Ph# (818)240-1000 ext. 3194

Office Hours: Monday & Wednesday 1:30 - 2:30 pm

Room: VG 118 (Verdugo Gym)

<u>Course Description:</u> Development of team play which involves men's competition.

Course Objectives: 1. Hit the forehand & backhand ground strokes with more pace &

consistence.

2. Hit the forehand & backhand volley with more pace &

consistency.

3. Identity strategies for match play (singles& doubles play).

Attendance: Attendance will be taken at all class sessions & records will be kept. Please make every attempt to be at all class sessions on time. If you have a problem, please communicate with me. You can leave a message on my office number. Three unexcused absences may result in you being dropped from the class.

Grading Method; There will be a final exam.

- Participation 75%
- Demonstration through match play/written test & skills test 25%.

<u>Students with Disabilities:</u> All students with disabilities requiring accommodations and responsible for making arrangements in a timely manner through the center for students with disabilities.

Academic Integrity: It is the philosophy of Glendale Community College that academic dishonesty is a completely unacceptable model of conduct and will not be tolerated in any form. All persons involved in academic dishonesty will be disciplined in accordance with the college regulation and procedures. (Regents' rules & regulation, series 50101, section 2.2).

<u>Course Materials:</u> There is no text required the course recommend readings

- 1. Inter game by Tim Gallawey.
- 2. Winning ugly by Brad Gilbert.
- 3. "Watch the ball bend your knees that will be \$40 please" by Ed Collins.

<u>Class Conduct</u>; All behavior which is disruptive or does not show due respect for other students and the instructor will not be tolerated and may result in dismissal from the class. Please do not bring "Beepers" or Cell Phones into class.

HAVE FUN, IMPROVE & YOU'LL BE A WINNER!!!