

COURSE OUTLINE

Athletics Physical Education 134 Off-Season Training for Intercollegiate Women's Tennis

Catalog Statement

ATHPE 134 provides instruction and practice for intercollegiate women's tennis focusing on fundamental techniques of competitive women's tennis. This course is designed to provide further advancement in individual skill, team strategies, effective communication, and conditioning for intercollegiate competition.

Total Lecture/Demonstration Units: 0.5 – 1.5

Total Laboratory Units: 0.5 – 1.0

Total Course Units: 1.0 - 2.5

Total Lecture/Demonstration Hours: 8.0-24.0

Total Laboratory Hours: 24.0-48.0

Total Faculty Contact Hours: 32.0-72.0

Note: ATHPE 134 is off-season training for students who are interested in competing on an intercollegiate women's tennis team. May be taken 4 times for credit. Each student-athlete must provide their own tennis rackets.

Course Entry Expectations

Prior to enrolling in this course, the student should be able to:

- perform skills appropriate for intercollegiate tennis;
- define National Collegiate Athletic Association (NCAA) tennis rules;
- participate in rigorous physical activity;
- participate and interact in a team environment;
- maintain positive individual behaviors to enhance team dynamics.

Course Exit Standards

Upon successful completion of the required coursework, the student will be able to:

- identify and analyze concepts of individual and team personnel through film analysis and simulated game situations;
- demonstrate collegiate level serving, back and front stroke and footwork techniques;
- recognize the role of nutrition in athletic performance;
- break down and apply offensive and defensive schemes;
- demonstrate and apply practical and general knowledge of the game of tennis and its rules;

- integrate conditioning and weight training into daily practices;
- demonstrate the ability to work with a team as a unit and develop team concepts;
- demonstrate an understanding of California Community College Athletic Association (CCCAA) and/or NCAA rules and policies as related to off-season training and competition.

Course Content Total Faculty Content Hours = 32-72

Team Philosophies and Rules Lecture (2-8 hours)

Sportsmanship
Team rules
Individual/team goal setting
NCAA rules and regulations
CCCAA Decorum Policies

Safety for Women's Tennis Lecture (2-4 hours)

Proper warm-up
Proper cool-down

Fundamental Conditioning Skills for Women's Tennis Lab (7-14 hours)

Agility
Coordination
Muscular strength
Muscular and cardiovascular endurance
Plyometrics
Flexibility

Advanced Fundamental Skills in Women's Tennis Lab (10-17 hours)

Serving
Back stroke
Ground stroke
Drop shot
Body positioning
Footwork
Position of racket
Grip

Advanced Game Strategy Lab (7-17 hours)

Selection of offensive and defensive strategy
Singles play
Doubles play
Application of offense and defense

Understanding Team Dynamics Lecture (2-7 hours)

Creating a positive environment
Effective communication under stress

Nutritional Aspects of Effective Training Lecture (2-5 hours)

Methods of Instruction

The following methods of instruction may be used in the course:

- lecture;
- demonstrations;
- skill repetition;
- film analysis;
- simulated game situations.

Out of Class Assignments

The following out of class assignments may be used in the course:

- practice evaluation (e.g. written evaluations regarding positive and negative performances);
- goal setting (e.g. written re-evaluation of goal performance every other week);
- practice analysis (e.g. summary and review of practice film).

Methods of Evaluation

The following methods of evaluation may be used in the course:

- written exams;
- demonstration evaluations;
- video movement analysis;
- tournament play.

Textbook(s)

National Collegiate Athletic Association. *Women's Tennis Rules and Interpretations*. Indianapolis: National Collegiate Athletic Association, 2014-2015. Digital file, 2015. 10th Grade Textbook Reading Level.

Student Learning Outcomes

Upon successful completion of the required coursework, the student will be able to:

- apply and execute specific offensive and defensive systems;
- define and perform advanced tennis skills through individual and team practice;
- develop a high level of physical conditioning inherent in competitive tennis;
- integrate cooperative skills needed to perform at a high level of play;
- demonstrate and apply safety rules and procedures to effectively participate in a physical movement environment.