

COURSE OUTLINE

Athletics Physical Education 135 Intercollegiate Men's Tennis (Previously PE 266 - Intercollegiate Tennis-Men)

Catalog Statement

ATHPE 135 is an advanced course designed for students who plan to compete at the collegiate level in the sport of men's tennis. This course emphasizes advanced skill, theory, tactics, strategy and intercollegiate competition. Student-athletes are required to meet the standards of the California Community College Athletic Association (CCCAA) eligibility guidelines and decorum policies.

Total Lecture/Demonstration Units: 1.5

Total Laboratory Units: 1.0

Total Course Units: 2.5

Total Lecture/Demonstration Hours: 24.0

Total Laboratory Hours: 48.0

Total Faculty Contact Hours: 72.0

Note: ATHPE 135 is designed for the intercollegiate men's tennis team. May be taken 4 times for credit. If a student has taken PE 266 prior to Fall 2016, such classes will count towards the four total enrollment limit. Each student-athlete must provide their own tennis rackets.

Course Entry Expectations

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

- apply a variety of offensive and defensive skills appropriate for intercollegiate tennis;
- integrate National Collegiate Athletic Association (NCAA) rules and CCCAA decorum policies into weekly competition;
- display cardiovascular health, muscular strength and endurance;
- utilize verbal communication necessary for collegiate competition;
- demonstrate how to apply workable solutions within a team environment.

Course Exit Standards

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

- identify and analyze concepts and strategies of individual and team personnel through film analysis and simulated game situations;
- demonstrate collegiate level serving, ground strokes, back strokes 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.

Course Content Total Faculty Content Hours = 72

Team Philosophies and Rules Lecture (7 hours)

Sportsmanship
Team rules
Individual/team goal setting
NCAA rules
California Community College Athletic Association Decorum
Training room policies for treatment

Safety for Men's Tennis Lecture (3 hours)

Preventative injury exercises
Proper warm-up
Proper cool-down

Fundamental Conditioning for Men's Tennis Lab (8 hours)

Agility
Coordination
Specific muscle group development
Muscular and cardiovascular endurance
Plyometric
Core training
Flexibility

Fundamental Skills and Strategies in Intercollegiate Men's Tennis Lab (10 hours)

Doubles Play
Analyzing Opponent
Position of non-server
Net play

Strategy
Analyzing Opponent
During warm-up

During course of match
Round strokes
Net shots
Service

Using proper strokes of shots
Hit cross court
Hit down the line
Use a drop shot
Come to net

Offense Strategies for Intercollegiate Men's Tennis Competition **Lab (15 hours)**

Racket grip

Forehand grip

Backhand grip

Service grip

Footwork and Position

Anticipation of ball

Movement toward ball

Assuming balanced, controlled body position

Ground Strokes

Forehand stroke

Grip

Position of body

Position of racket

Meeting the ball

Driving through and directing ball (placement)

Follow through with racket and body

Regaining original position

Backhand Stroke

Grip

Position of body

Position of racket

Meeting the ball

Driving through and directing ball (placement)

Follow through with racket and body

Regaining original position

Volley Shot

Court position

One step and outstretched racket distance from net

Middle court

Racket movement

Forehand volley

Backhand volley

Placement

Service

Grip

Footwork and position

Toss of ball

Swing of racket

Driving through ball

Body position

Defense Strategies for Intercollegiate Men's Tennis Competition **Lab (15 hours)**

Lob

Stroke of racket

Placement

Cross court shot

Down the line shot

Drop shot

How to pass opponent at net

Understanding Team Dynamics **Lecture (8 hours)**

Creating a positive team environment

Effective communication under stress

Nutrition for the Competitive Athlete **Lecture (6 hours)**

Eating balanced meals

Carbohydrate and protein combinations

Packing smart snacks

Supplements: Good or bad

Hydration

Methods of Instruction

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

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

Out of Class Assignments

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

- game evaluation (e.g. written evaluations regarding positive and negative performances with player feedback);
- goal setting (e.g. written re-evaluation of goal performance every week);
- game analysis (e.g. written summary and review of game film both team and individual).

Methods of Evaluation

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

- written play exams (e.g. diagram test for defense);
- demonstration evaluations (e.g. how to end a volley);
- video movement analysis;
- weekly competition.

Textbook(s)

National Collegiate Athletic Association. *Men'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:

- perform fundamental mechanics for effective performance in the sport of tennis;
- demonstrate and apply technical and tactical skills necessary for collegiate competition;
- assess offensive and defensive strategies;
- 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.