



COURSE OUTLINE : PE 263
D Credit – Degree Applicable
COURSE ID 003082
Cyclical Review: November 2018

COURSE DISCIPLINE : PE
COURSE NUMBER : 263
COURSE TITLE (FULL) : Tennis III
COURSE TITLE (SHORT) : Tennis III

CATALOG DESCRIPTION

PE 263 offers instruction and practice in advanced tennis techniques, strategy, conditioning, and preparation for tournament play. The emphasis is on providing the student with several advanced techniques to utilize during match and tournament play. The course offers students the opportunity to improve their level of play through various advanced drills and techniques that build on fundamental and intermediate skills.

Total Lecture Units:0.00

Total Laboratory Units: 1.00

Total Course Units: 1.00

Total Lecture Hours:0.00

Total Laboratory Hours: 54.00

Total Laboratory Hours To Be Arranged: 0.00

Total Contact Hours: 54.00

Total Out-of-Class Hours: 0.00

Prerequisite: PE 262.



ENTRY STANDARDS

	Subject	Number	Title	Description	Include
1	PE	262	Intermediate Tennis	Apply proper mechanics of the forehand and backhand groundstrokes, flat serve and volley;	Yes
2	PE	262	Intermediate Tennis	demonstrate the proper techniques of hitting a slice serve;	Yes
3	PE	262	Intermediate Tennis	demonstrate the proper techniques of hitting both the offensive and defensive lob;	Yes
4	PE	262	Intermediate Tennis	demonstrate the proper technique for hitting the overhead smash;	Yes
5	PE	262	Intermediate Tennis	demonstrate the proper technique to execute a top spin and under spin forehand and backhand ground stroke;	Yes
6	PE	262	Intermediate Tennis	demonstrate footwork skills through drills and practice;	Yes
7	PE	262	Intermediate Tennis	demonstrate movement patterns based on game situations.	Yes

EXIT STANDARDS

- 1 Apply advanced methods of tennis skills and match strategy;
- 2 demonstrate an advanced match play level, show knowledge of strategy, and skill ability to compete at the advance level;
- 3 utilize various advanced training drills/methods, and show improvement in level of play;
- 4 demonstrate knowledge of an ability to change game strategy in match play situations.

STUDENT LEARNING OUTCOMES

- 1 demonstrate and apply safety rules and procedures to effectively participate in a physical movement environment
- 2 develop and apply advanced strategies of tennis to practice and game-play
- 3 integrate variations of the fundamental strokes of tennis, and their proper use during game situations
- 4 compete in a tennis tournament



COURSE CONTENT WITH INSTRUCTIONAL HOURS

	Description	Lecture	Lab	Total Hours
1	Review of Rules and Strategies <ul style="list-style-type: none"> • Singles • Doubles • Mix Doubles 	0	8	8
2	Review of Strokes <ul style="list-style-type: none"> • Forehand • Backhand • Service • Return of Serve • Volley • Overhead 	0	12	12
3	Half Volley <ul style="list-style-type: none"> • Purpose • Grip • Stance • Footwork • Lead up drills and games 	0	12	12
4	Drop Shot <ul style="list-style-type: none"> • Purpose • Grip • Stance • Footwork • Lead up drills and games 	0	10	10



5	Developing Advanced Techniques <ul style="list-style-type: none"> • Kick Serve • Heavy Topspin • Match Strategy 	0	6	6
6	Match/Tournament Play <ul style="list-style-type: none"> • Purpose and benefits of preparation for equipment review • Nutrition/Hydration issues 	0	6	6
				54

OUT OF CLASS ASSIGNMENTS

- 1 participate in match play (2 out of 3 sets);
- 2 participate in local tennis tournaments;
- 3 self evaluation (e.g. written evaluation of goal performance in tournaments and competition);
- 4 written analysis (e.g. analysis of match play at professional or Division I and II collegiate matches).

METHODS OF EVALUATION

- 1 practical examination (e.g. skills test);
- 2 written midterm examination;
- 3 written final examination;
- 4 participation in United States Tennis Association (USTA) tournaments.

METHODS OF INSTRUCTION

- Lecture
- Laboratory
- Studio
- Discussion
- Multimedia
- Tutorial



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- Independent Study
- Collaboratory Learning
- Demonstration
- Field Activities (Trips)
- Guest Speakers
- Presentations

TEXTBOOKS

Title	Type	Publisher	Edition	Medium	Author	IBSN	Date
Instructor-generated reading materials.							