

KINE-123B: INTERMEDIATE TENNIS

Effective Term

Fall 2020

BOT Approval

02/13/2020

SECTION A - Course Data Elements
CB04 Credit Status

Credit - Degree Applicable

Discipline

Minimum Qualifications	And/Or
Physical Education (Master's Degree)	

Subject Code

KINE - Kinesiology

Course Number

123B

Department

Kinesiology

Division

Kinesiology & Athletics

Full Course Title

Intermediate Tennis

Short Title

Intermediate Tennis

CB03 TOP Code

1270.00 - Kinesiology

CB08 Basic Skills Status

NBS - Not Basic Skills

CB09 SAM Code

E - Non-Occupational

Rationale

Changing subject code to KINE. Changing hours and units, no longer variable. Update Info/SLO/Text.

SECTION B - Course Description
Catalog Course Description

Intermediate: For the advanced beginner. Concepts and strategy at the intermediate level. Emphasis on forehand and backhand ground strokes, serve, volley, service return, approach shot, half volley, lob and overhead smash.

SECTION C - Conditions on Enrollment
Open Entry/Open Exit

No

Repeatability

Not Repeatable

Grading Options

Letter Grade or Pass/No Pass

Allow Audit

Yes

Requisites**Advisory Prerequisite(s)**

Completion of KINE-123 with a minimum grade of C.

SECTION D - Course Standards**Is this course variable unit?**

No

Units

1.50

Activity Hours

54.00

Outside of Class Hours

27

Total Contact Hours

54

Total Student Hours

81

Distance Education Approval**Is this course offered through Distance Education?**

Yes

Online Delivery Methods

DE Modalities	Permanent or Emergency Only?
Entirely Online	Emergency Only
Hybrid	Emergency Only

SECTION E - Course Content**Student Learning Outcomes**

Upon satisfactory completion of the course, students will be able to:	
1.	Understand the principles of lifetime fitness and will incorporate fitness activities into a healthy and active lifestyle.
2.	Acquire knowledge and demonstrate skills to safely engage in physical activity.
3.	Understand the basic principles of anatomy, physiology, and/or biomechanics and apply the knowledge to movement activity.

Course Objectives

Upon satisfactory completion of the course, students will be able to:	
1.	Demonstrate knowledge of the rules and etiquette of tennis.
2.	Understand the strategy and tactics at the beginning and intermediate levels of tennis.
3.	Demonstrate proficiency of the following intermediate tennis skills: forehand and backhand ground strokes, serve, volley, service return, approach shot, half volley, lob and overhead smash.

Course Content

1. Forehand ground stroke
 - a. Review grip, ready position, pivot and back swing, forward swing, contact and follow through
 - b. Develop footwork and concept of moving to the ball
2. Approach Shot
 - a. Introduce the ready position, pivot, back and forward swing, follow through.
 - b. Develop footwork and concept of when to use the approach shot, and how to move to and through the ball.
3. Half Volley
 - a. Introduce the ready position, pivot, shortened swing and follow through.
 - b. Develop footwork and concept of when to use the half volley, and how to move to and through the ball.
4. Lob and Smash Shot
 - a. Introduce the ready position, approach, swing, shot and follow through.
 - b. Develop the footwork and concept of when to use the lob or smash shot within game play, as well as movement to and through the ball.
5. Backhand ground stroke
 - a. Review grip, pivot, back swing, forward swing, contact and follow through
 - b. Develop footwork and concept of moving to ball
6. Volley
 - a. Review grip, ready position, swing, contact and follow through
 - b. Develop footwork and concept of moving to ball
7. Serve
 - a. Review grip, stance, toss and swing
 - b. Develop concept of serve placement, velocity, difficulty
 - c. Develop top spin serve
8. Service Return
 - a. Ready position
 - b. Swing
 - c. Contact and follow through, top spin, placement, velocity
 - d. Intermediate footwork
9. Competition
 - a. Develop concepts of sing les and doubles competition.
 - b. Develop concepts of tournament play

Methods of Instruction

Methods of Instruction

Types	Examples of learning activities
Activity	
Discussion	
Observation and Demonstration	
Other	Demonstrate a backhand, forhand, and serve. Discuss the importance of strategic play within game play.

Online Adaptation

Types	Examples of learning activities
Activity	
Discussion	
Group Work	
Individualized Instruction	
Journal	
Lecture	

Instructor-Initiated Online Contact Types

Announcements/Bulletin Boards
 Discussion Boards
 E-mail Communication
 Video or Teleconferencing

Student-Initiated Online Contact Types

Discussions
Group Work

Course design is accessible

Yes

Methods of Evaluation**Methods of Evaluation**

Types	Examples of classroom assessments
Exams/Tests	
Quizzes	
Simulation	
Class Participation	
Other	1. Please properly demonstrate a lob shot. 2. Please properly demonstrate the approach shot. 3. Survey

Assignments**Writing Assignments**

Please write about when it might be a good time to use a smash or lob shot.
Please write about the difference between doubles, singles and tournament play.

Outside-of-Class Assignments

Handouts
Diagrams

SECTION F - Textbooks and Instructional Materials**Material Type**

Textbook

Author

Crespo, M., Redi, M.

Title

ITF Coaching Beginner and Intermediate Tennis Players

Publisher

International Tennis Federation

Year

2015

SECTION G - Diversity, Equity and Inclusivity**Course Codes (Admin Only)****CB00 State ID**

CCC000616636

CB10 Cooperative Work Experience Status

N - Is Not Part of a Cooperative Work Experience Education Program

CB11 Course Classification Status

Y - Credit Course

CB13 Special Class Status

N - The Course is Not an Approved Special Class

CB23 Funding Agency Category

Y - Not Applicable (Funding Not Used)

CB24 Program Course Status

Program Applicable

Allow Pass/No Pass

Yes

Only Pass/No Pass

No