

KINE-123: 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

123

Department

Kinesiology

Division

Kinesiology & Athletics

Full Course Title

Tennis

Short Title

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.

SECTION B - Course Description
Catalog Course Description

Fundamentals of tennis. Beginning: Rules, scoring, etiquette, and tactics for singles. Emphasis on forehand and backhand ground strokes, serve and volley. Text required.

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**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.	Students will acquire knowledge and demonstrate skills to safely engage in physical activity.
2.	Students will understand the principles of lifetime fitness and will incorporate fitness activities into a healthy and active lifestyle.
3.	Students will 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 a knowledge of the rules and etiquette of tennis.
2.	Demonstrate proficiency at the following tennis skills; forehand, backhand, serve, volley, serve return, lob and overhead.
3.	Demonstrate an understanding of the strategy and tactics of singles and doubles play.

Course Content

1. Forehand ground stroke
 - a. Review grip, ready position, pivot and back swing, forward swing, contact and follow through
 - b. Introduce footwork and concept of moving to the ball

2. Backhand ground stroke
 - a. Review grip, pivot, back swing, forward swing, contact and follow through
 - b. Introduce footwork and concept of moving to ball
3. Volley
 - a. Review grip, ready position, swing, contact and follow through
 - b. Introduce footwork and concept of moving to ball
4. Serve
 - a. Review grip, stance, toss and swing
 - b. Introduce concept of serve placement Introduce top spin serve
5. Service Return
 - a. Ready position
 - b. Swing
 - c. Contact and follow through
 - d. Basic footwork
6. Scoring
 - a. Review all details of scoring
7. Rules
 - a. Review all details of rules of tennis
8. Strategy
 - a. Review basic singles and doubles strategy
9. Competition
 - a. Introduce concepts of singles and doubles competition

Methods of Instruction

Methods of Instruction

Types	Examples of learning activities
Activity	Demonstration
Discussion	
Lab	
Observation and Demonstration	

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	
Class Participation	
Lab Activities	
Performances	Final Class Performance
Other	Written midterm and final Skills test Match play Survey

Assignments

Reading Assignments

Textbook and class handouts

Writing Assignments

Write answers to text exercises and exams.

Outside-of-Class Assignments

View tennis videotapes

SECTION F - Textbooks and Instructional Materials

Material Type

Textbook

Author

Williams, S., Rive, J.

Title

Tennis Skills and Drills

Publisher

Human Kinetics

Year

2011

SECTION G - Diversity, Equity and Inclusivity

Course Codes (Admin Only)

CB00 State ID

CCC000616635

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